

LEARN TO BLITZ FAT **BY LOADING UP ON CARBS!** p69

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Men's Health

**THE IDLE MAN'S
6-PACK PLAN**

**BUILD
ARMS
LIKE
THIS!**

Joe Manganiello's Muscle Blueprint

**IGNITE 600
CALORIES
IN 45 MINS** p42

NUTRITION

**SPILLING THE BEANS ON
VEGAN MUSCLE FOOD!**

PSYCHE

**5 CHEAP WAYS TO KICK
ANXIETY INTO TOUCH**

SPECIAL REPORT

**ARE CONTACT SPORTS
AT BREAKING POINT?**

**TECH
SPECIAL**

2016's Best Wearable Tech
Tried & Tested By Experts

+ The Future Of Fitness
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**EUPHORIC
HORMONE
BOOSTERS**

— JOE MANGANIELLO, 39, 80% ACTOR,
20% DIRECTOR, 100% ATHLETE



**MEN'S
HEALTH
SPRING
STYLE
TOOLKIT**
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FITNESS

P45 POP A PB ON RACE DAY

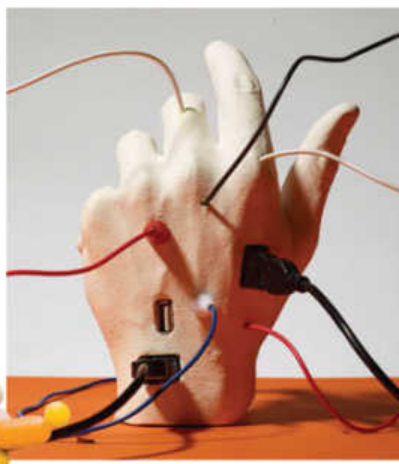
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Why back-loading your carb intake is the latest, greediest way to burn extra body fat



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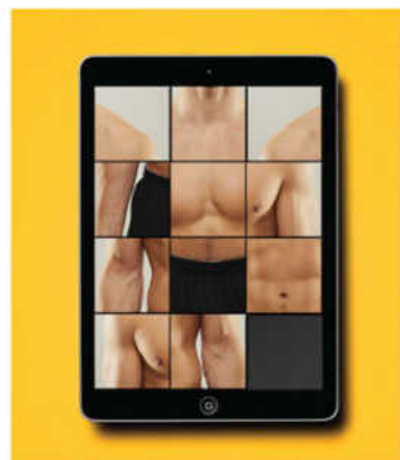
'Lunge Halo Chop' sounds like a move from *Street Fighter*, but its effect is game-ending

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Sports science gets you up to speed on why taking your time builds muscle quicker

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Build lean (smug) size with our meat-free meals. All of the pleasures, none of the flesh

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GROOMING MIRA CHAI HYDE AT THE WALL GROUP
USING DRIBE HAIR AND TATCHA SKINCARE
STYLIST NEIL RODGERS AT TRACEY MATTINGLY
WITH THANKS TO 5200 VENICE STUDIOS

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PRECISION ADVICE FOR THE EXACTING MAN

MACRO NUTRIENTS
MICRO MANAGEMENT

REPORT DATE: 03/03/2016

BEST FOR: GUARANTEED RESULTS

THE MACROCHEFS

Figure out (finally) why macros are such a big deal, then use our expertly balanced plans to feast by the numbers



THE EXPERT PANEL

POWER UP FOR SPRING AND LET OUR SPECIALISTS SHED NEW LIGHT ON YOUR FITNESS REGIME



MACRO PROCESSOR CASPAR ROSE

For through-the-roof gains, you need to know your macros. The head chef at Fresh Fitness Food dishes up **p86**



THINNER AIR DR MARK FAGHY

The exercise physiologist explains why you need to starve yourself of air, not food, to shift those extra pounds **p42**



FUTURE PERFECT TODD DURKIN

Maverick S&C coach, motivational speaker and 'functional fitness' guru Durkin talks you through the next big trends **p107**



FITNESS ELITE RON MATHEWS

The world-class CrossFit competitor helped cover star Joe Manganiello hit 'peak athlete'. Find his full-body workout on **p57**



FIX UP, LOOK SHARP RHIK SAMADDER

The Guardian's gadget columnist tests wearable tech. From wristbands to smart clothes, Rhiik's got you covered **p80**



DON'T LOSE FASCIA RORY KNIGHT

Muscle mass alone won't protect you from injury. "Strengthen your fascia to stay fighting fit," says Nike's master trainer **p98**

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9 MENSWEAR EXPERTS

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5 GENERAL PRACTITIONERS

4 MOTIVATIONAL SPEAKERS

4 S & C COACHES

3 BODYBUILDERS

3 THERAPISTS

2 NFL AUTHORITIES

2 SLEEP SPECIALISTS

2 WRESTLERS

AND 1 BIO-HACKER

TOTAL

85 EXPERTS

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#STARTBREATHING

NEBULATM

EDITOR'S LETTER

BE ONE STEP AHEAD OF THE HERD

Moldova may not be strong politically, but its wrestlers are world-class. Its secret? The ancient art of Trântă

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BEARABLE TECH

From the band on your wrist to the strap around your chest, **wearable tech** is becoming a thing. **overly complicated** - but does keeping tabs on each waking moment actually make you fitter? To find out, MH enlisted its very own trackable guinea pig



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80

The health-tech market is rising fast. Can wearables make pro athletes of us all, or are we just morphing into social-media cyborgs?

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100

You might not recognise these men. But they're revolutionising the way you work out, gear up and avoid injury in 2016

The Mavericks Of Fitness

The mind must of fitness may be full of facts and facts, but it's also full of guesswork. You may not have heard of them, but these are the men behind the workout you know. The gym programmes you follow and the fitness advice you don't even know about, yet...



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Let no endeavour go unshared: MH road-tests the best and brightest HD action cameras



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Precision-engineer your meal plan for any fitness goal. Success hangs in the macro balance



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Athletes are growing bigger and faster while safety stagnates. Has rugby reached breaking point?

YOUR SPRING WARDROBE, SIMPLIFIED ON P117



Predicting the future is a mug's game, good only for tomorrow's children to look back on as evidence of our callowness and naivety. This was well illustrated last year when on 21 October - AKA *Back To The Future Day* - a few trillion online articles were dedicated to the sequel's prophecies of life in the new millennium. Some had it broadly right - the hunch that we'd one day communicate by video, say, or embrace tablet computers. But having consulted the MH Style team, I can confirm that the double necktie is sadly not a menswear trend you can expect to see any time soon.

Despite this, we've decided to focus our issue on the future trends of tech. Why, like fools, are we rushing in where angels fear to tread? Well, because it is in health and fitness where tech is taking the biggest strides. If you thought 2015 was the year of portable PTs, the next few will confound expectations. It's been predicted (yes, that word again) that the

industry will increase by 48% annually until 2019. That's a helluva lot of Fitbits. But we're no longer just talking about wristbands, of course. The advent of smart fabrics is upon us and now tech-heads are talking breathlessly about 'wearables for your brain'.

It can be disquieting to contemplate a world in which microchips aren't just making your free-weight spotter redundant, but potentially your GP, too. Thankfully, there are men pushing the envelope without the aid of batteries. That's why, along with reviewing the best new compact cameras and dressing our guinea pig in a cloak of trackers for a month, we've interviewed the most forward-thinking minds in fitness to get their take on what the future holds.

They may well be wrong. Tomorrow's children may have their giggle. But in this climate, you'd be a mug not to listen.

TOBY WISEMAN
BSME EDITOR OF THE YEAR



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Official Fuel Economy Figures for the new MINI Convertible range: Urban 35.8 – 64.2 mpg (7.9 – 4.4 l/100km). Extra Urban 55.4 – 80.7 mpg (5.1 – 3.5 l/100km). Combined 46.3 – 74.3 mpg (6.1 – 3.8 l/100km). CO₂ Emissions 100-142 g/km. Figures may vary depending on driving style and conditions. Model featured Open 150 Limited Edition.

ASK MH

SOLUTIONS TO WHATEVER'S KEEPING YOU UP AT NIGHT

THE BIG QUESTION



Q

ALZHEIMER'S IS RIFE IN MY FAMILY. IS THERE ANYTHING I CAN DO TO PREVENT THE INEVITABLE?

RICHARD, SAFFRON WALDEN

First up, nothing is inevitable. Winning the genetics lottery is like, well, winning the actual lottery. Some are lucky; others aren't, making up the 47 million Alzheimer's and dementia sufferers on the planet.

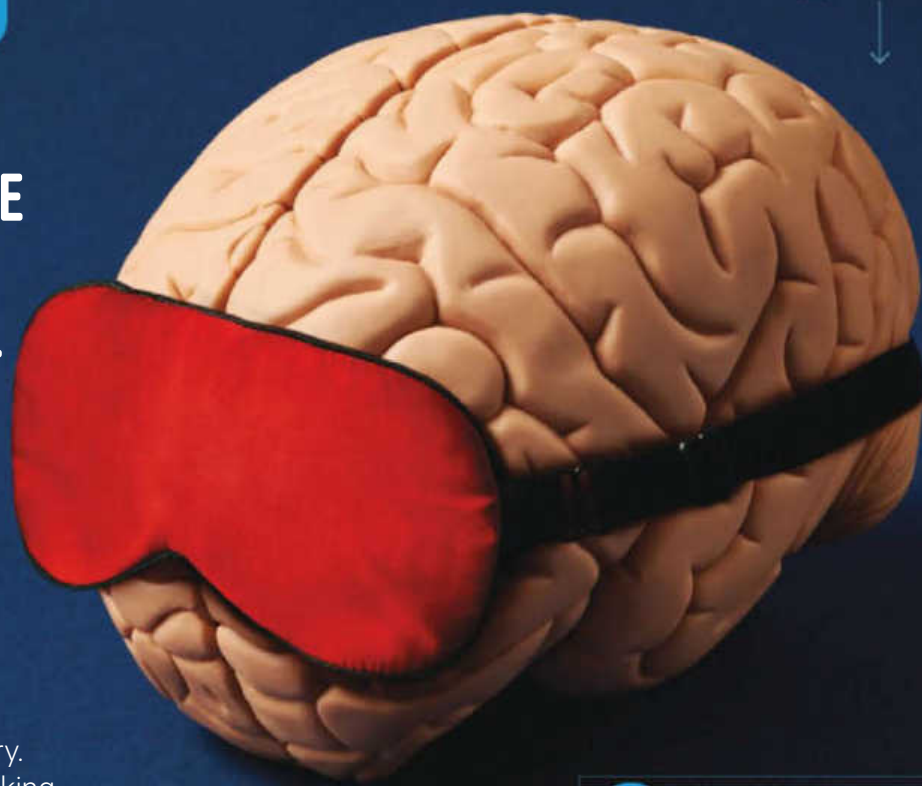
That said, you are right to be vigilant; all experts agree that paying heed to the right advice can halve your risk. Advice such as running three times a week (**just 40 minutes of jogging can change your gene expression and slow mental decline**), says the University of Pittsburgh) and making healthy food choices (seriously, whodathunkit?).

But there are more factors putting the brakes on your brain than mere inactivity and a penchant for pizza. "Scientists know that during sleep your brain rids itself of metabolic plaque," says Dr Christopher Winter,

medical director of the Martha Jefferson Hospital Sleep Medicine Center. "Now research from Stony Brook University suggests that sleeping on either side helps your brain clear metabolic plaque faster, possibly decreasing your risk of diseases such as Alzheimer's."

So **if you're a selfish back or front sleeper, make spooning a weekly thing** and win brownie points as well as money in the longevity bank. No partner? Buy a body pillow like the Moonlight Slumber Comfort-U and wrap yourself around it or have it pushed up against your back so you can't roll over. Then sleep easy in the knowledge that your brain plaque has been mentally flossed by morning.

SHIELD YOUR BRAIN FROM THE EFFECTS OF HEAVY LIVING



THE HORIZONTAL DOCTOR

Your nocturnal position can heal you of some commonplace maladies



01\ BACK PAIN

Lying flat keeps your spine neutral to ease back and neck aches – ideal after a workout. However, if you snore like a pneumatic drill, it will amplify the issue.



02\ ACID REFLUX

Sleeping on your left side lessens acid reflux and heartburn. Spending a third of your life curled up into ball will do little to improve your posture, though.



03\ SLEEP APNEA

If you're snoring yourself awake (or are accustomed to your bed partner's jabs), face-down (head turned) is your go-to. Ditch the pillow to spare your neck.

ASK MH

BRIGHTER THINKING

DON'T WAIT UNTIL
BREAKING POINT
TO TONE DOWN
WORK STRESS

DOES IT
WORK?



Q CAN YOU REALLY REDUCE STRESS BY COLOURING IN? I'M NOT FIVE, YOU KNOW...

ADAM, HEYBRIDGE

The infantilisation of popular culture has a lot to answer for. Onesies, liquefied food, comic book reboots – an alien visiting Earth might well be forgiven for thinking we've regressed to a race of prepubescents. But colouring books for adults? It turns out they're actually a very good and clever thing, much to this cynic's surprise. In fact, **the simple act of shading can be like a shot of Valium to the work-addled brain.**

The repetitive rhythm of colouring in complex images has a soothing

effect, explains Dr David Gussak, a therapist at Florida State Uni. If that sounds a little bit Zen, well, it is: in a study published by the journal *Art Therapy*, people who coloured in mandalas (ornate designs that are prominent in Buddhism) saw their stress levels drop three times as much as people who worked with plaid patterns, and twice that of the folks who doodled on a blank page. So next time you're feeling angsty, think Picasso by numbers, not *Art Attack*. See? Not so childish after all.

ALTERNATIVE MEDICINE

Black and white kind of guy? Try these left-field stress-busters

AXE ANXIETY

Reforming the band might not be such a bad idea. Learning, and regularly playing, an instrument like the guitar can curb levels of the stress hormone cortisol and boost sleep. Your mood will be none more black.



RELAX ALLOT

Gardening in an allotment trumps reading for reducing stress, report Dutch researchers. After a green-fingered session, participants' cortisol levels plummeted. Find out why weeds beat reads on p65.



DIP STRESS

Get rid of that sinking feeling with regular pool sessions. Swimming stimulates the hormones and brain chemicals responsible for regulating your mood. If nothing else it helps drown out your colleagues.



Q SHOULD I LISTEN TO THE HYPE AROUND ICELANDIC YOGHURT?

JOHNNY, ISLINGTON

You're wise to approach any Next Big Thing with caution. (Remember: Chesney Hawkes was once an NBT.) Icelandic yog is nutritionally similar to Greek yoghurt, says food scientist Kimberlee Burrington. Each packs 2-3g of protein and 1g of carbs per ounce, and most brands of both types mix in good gut bacteria. In terms of taste, Icelandic yoghurt is fermented to a lower pH and strained slightly more, making it thicker and tarter. Just don't see that as a reason to buy flavoured pots – this can add several teaspoons of sugar. In short, while the Scandi stuff is great, it isn't knocking current champs out of the park.

Q ARE THERE CHECKS DOCTORS USE THAT I CAN DO AT HOME?

DEAN, AXMINSTER

It's time you took a long, hard look at yourself. Docs check what's up by using their mirror: "The eyes reveal a lot," says family medicine specialist Dr Ted Epperly. A yellow hue may point to a liver problem, while a grey ring around your cornea is often caused by fatty lipid deposits. In younger men this can signal heart disease. Next try the capillary refill test, advises Dr Epperly. Press down hard on a fingernail, then



let go. It should turn white and then return to light pink within two seconds. If it takes longer, this could be peripheral artery disease – or simple dehydration. Chug some H₂O and retake the test. No luck? Stop playing doctor and go see one.

Q IS CHUGGING AN ENERGY DRINK EVER A GOOD IDEA?

EIFION, CARDIFF

Rocket fuel is no remedy for burning the midnight oil. When you're exhausted, adrenaline and cortisol kick-in – throw sugar and caffeine into this biochemical nightmare and your body enters a state somewhere between warp speed and meltdown. And yet, not all energy drinks are the same. Those supplement-aisle shots with a big letter 'B' printed on the psychedelic packaging contain just that: B vitamins. These are essential for energy production. As an emergency backup, they can be a useful aid. But – as with anything – the poison is in the dose. ☹

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It's no surprise the Alfa Romeo 4C Spider is turning heads. Beautifully crafted from carbon fibre, aluminium and advanced composites, it's a sports car with both remarkable agility and supercar performance. Weighing less than 1,000 kilograms, it has an exceptional power-to-weight ratio. And with advanced technologies directly inherited from Formula 1 and aerospace it achieves the perfect balance between elegance and engineering and is now ready to order at your local dealer.

La meccanica delle emozioni



Model shown is the Alfa Romeo 4C Spider at DTR £63,600 which includes Alfa Red pastel paint at £600, Carbon fibre halo at £1,800, 18-19" Multi-spoke alloy wheels with dark finish at £1,350, Red brake callipers at £350. Range of official fuel consumption figures for the Alfa Romeo 4C Spider: Urban 28.0 (10.1 l/100km); Extra Urban 55.4 (5.1 l/100km); Combined 40.9 (6.9 l/100km). CO₂ emissions 161 g/km. Fuel consumption and CO₂ figures are obtained for comparative purposes in accordance with EC directives/regulations and may not be representative of real-life driving conditions.

AGENDA



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**FISH 'N'
CHIP OFF
BODY FAT**
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ENERGY AMPLIFIERS

APRIL 2016

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**BE A MAN OF
ATHLEISURE**
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**THE LAZY
WAY TO A
SCULPTED
SIX-PACK**
PAGE 27





L'EAU D'ISSEY
POUR HOMME

ISSEY MIYAKE

#XploreNature

**ISSEY MIYAKE
L'EAU D'ISSEY
POUR HOMME**

THE BEST EXERCISE YOU'RE NOT DOING

TAKE AN AXE TO YOUR GUT

Recruit an underused piece of kit to carve out your core and toughen up your entire body with the

REVERSE LUNGE HALO CHOP

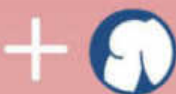
Some exercises just feel epic. The tyre flip is one; the crunch is not. There's something primal about swinging a kettlebell or raising a barbell above your head – it's the desk jockey's equivalent of brandishing an axe and cracking a block of timber into two pieces of firewood. That's one reason why we love the reverse lunge halo chop, which just happens to combine all three of these movements.

This may well be your first time using a ViPR – that piece of kit that looks like a hollow foam roller with handles, and tends to sit largely unbothered in the corner. Most gyms have one, but don't fret if yours doesn't – you can use a weight plate instead. You just won't look as cool. Regardless, you'll strengthen entire muscle groups in your legs, core and shoulders, and also improve your explosivity and range of motion. Throw in three sets of 12 reps at the end of your leg or shoulder workout, or use it when you only have time for one exercise. The upper-lower body transfer also makes it a great move to add to a HIIT circuit to get your heart pounding and set fire to more calories than you could swing an axe at.

WHAT YOU'LL GAIN



A TREE-TRUNK
CORE



SHREDDED
SHOULDERS



LUMBERJACK
LEGS



FOE-FELLING
FORCE

01

GET READY

Standing with your feet shoulder-width apart and your knees slightly bent, hold a ViPR in front of you at hip height with both hands in a neutral grip.



02

TAKE IT 'ROUND BACK

Rotate the ViPR in a halo motion around your head: bring your left biceps to your left ear, pass the ViPR around the back of your neck, then come back around the front.

03

ROTATE AND CHOP

Keep the momentum and rotate your core to the right, chopping the ViPR down to your right side as you step your left leg back into a reverse lunge.

04

REWIND

Now reverse the move, standing as you swing the ViPR up to perform a halo in the other direction, then rotate to the left, lunging with your right leg. What are you waiting for? Chop, chop...





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02
COLD-CUT
WEIGHT

03
PICTURE OF
HEALTH

04
SOUND
BITES

05
CALM BEFORE
THE FORM

A



Count the number of bites you take per mouthful and you'll lose an extra 2kg of fat in one month

Brigham Young University

LOOSEN UP YOUR BELT STRAP

High stress levels keep your gut parked, say scientists at Yale. Take the breaks off



7AM

DRINK A SMOOTHIE

Specifically, a papaya one. In a German study, people who consumed high doses of vit C were better able to handle stress and experienced fewer cortisol spikes.



1PM

GET YOUR 56G

Hitting your protein RDA helps you manage your stress hormones, according to a study in the *British Journal of Nutrition*. Chicken is yet again your fat loss ally.



3PM

SMILE, WON'T YOU?

Opening those chain emails pays dividends. After watching funny videos, participants in a Loma Linda Uni study showed vast drops in cortisol. Lols beat rolls.



7PM

CLEAN YOUR MIND

In a mindfulness study at Florida State, people who washed dishes while focusing on the scent and temperature had fewer indicators of stress that evening.



9PM

POP THEN DROP

Two ashwagandha supps a day can reduce your base cortisol by 28% in 60 days, says the *Indian Journal of Psychological Medicine*. Take a chill pill, man.

WEIGHTLOSS NEWSFEED 04.2016

LEAVE BODY FAT OUT IN THE COLD

Put those excuses on ice and initiate a 21-day, fat-burning frenzy by taking your training programme outside

WHEN THE DIAL IS FROZEN, USE OUR PLAN TO WARM IT UP



In 1929, Hungarian author Frigyes Karinthy debuted his 'Six Degrees of Separation' theory – the idea that everyone can be connected in six steps or fewer (Kevin Bacon included). Nearly a century later, Swiss researchers have discovered that six degrees (celsius, that is) is all it takes to separate stubborn fat from your body. Maybe you aren't quite in morning run mode just yet, but the new findings certainly make those blurry-eyed steps from your bed to the front door less daunting. According to the study, published in the journal *Cell*,

exposure to cold temperatures can "dramatically" alter the composition of gut bacteria, consequently accelerating glucose metabolism and promoting the formation of brown fat – a 'good' type of fat that generates heat and burns calories – resulting in quick weightloss. A frosty 5K run just became your best weapon for killing those 2016 body goals in cold blood. But be sure to make the most of your freezer burn; it only works for about three weeks before your body adapts, the researchers discovered. Let the three-week fat freeze-out commence!

71

PERCENTAGE OF PEOPLE WHO HIT THEIR FAT LOSS TARGET WHEN KEEPING A 16-WEEK 'PHOTO DIARY'

University of Alicante, Spain

THE
NUMBER

THE HEALTH SNOB'S GUIDE TO VEGANISM

A beast in the gym doesn't always warrant a pound of flesh for lunch. MH spills the beans on how a plant-based feast can provide the gains you're hunting for, gatherer style

01

ALTERNATIVE POWER PLANTS

Let's be clear: we've got no beef with meat. But seeing as scientists have linked voracious, carnivorous appetites to bowel cancer, we could do with culling consumption a tad. "Proteins such as tofu and tempeh contain all the essential amino acids," says nutritionist Christine Bailey. "They're also packed with phytonutrients, and are easier to digest." This is how to pig out (so to speak) and scoff extra benefits.

i) TOFU

Consider this curdled soymilk an edible sponge (stay with us), soaking up the flavour of whatever juices and spices you cook it in. Not only does tofu have a 3:1 protein-to-carb ratio, but it's also linked to a reduced risk of prostate cancer, say US scientists. Can sausages do that?

ii) TEMPEH

This fermented bean 'cake' is usually made with soy but, unlike tofu, uses the whole bean, rather than just the milk. It's denser and mineral-rich, and packs extra fibre too. The fermentation process also makes its plant proteins more digestible.

iii) SEITAN

Its devilish name may seem apt to paleo types: seitan is gluten. But with as much protein per calorie as chicken breast, it's also a top source of muscle fuel. Textured and robust, it's the 'meatiest' of the meatless, says award-winning vegan chef and author Tony Bishop-Weston.

iv) JACKFRUIT

High in energising vitamin C and blood sugar-levelling manganese, this huge green fruit looks like a mango-lychee hybrid. But, cooked, it bears an uncanny likeness to pulled pork. You can find it fresh or tinned in Asian supermarkets for now – until the mainstream catches on.

02

BECOME A TOFU TOFF

A favourite among the soy polloi, tofu can be a hard sell to carnivores. But it's because they're doing it wrong. For a start, leaving open packets in the fridge will lead to shrivelled bean curd. "Place tofu in a tub with water and refrigerate," says Bailey. (Seitan is best in veg broth.) You need a sharp knife, or soft tofu will crumble; a crinkle-cut blade will serve you well (**£6 andrewjamesworldwide.com**). Use a non-stick pan evenly misted with oil from a sprayer, and try not to stir too much. "For a crispier texture, toss tofu in ground almonds," says Bailey. If you're serious, invest in a tofu press (**EZ Press £35 amazon.co.uk**) to drain excess water. You're saving the world, man – don't count beans.



03

GREEN FEED,
CLEAN PLATES

Vegan cooking 101: don't treat your plant protein like it's a hunk of beef. "This is about finding healthier alternatives: different, but still delicious," says Bishop-Weston. While meat typically requires a long cooking time to tenderise, plant-based foods do not. "Their cell structure breaks down quickly, so add them to the dish last." Got that? Then get stuck into these recipes.

HOW TO MAKE
AN OMELETTE...

...Without breaking eggs, by nutritionist Christine Bailey

SERVES 2

- Gram (AKA chickpea) flour, 125g
- Garlic powder, ½tsp
- Salt and pepper to taste
- Nutritional yeast, 2tbsp
- Bicarbonate of soda, ½tsp
- Coconut oil, 1tbsp
- Mushrooms, chopped
- Spring onions, finely chopped



STEP 1

First combine all of your dry ingredients in a small bowl. Slowly whisk in 200-250ml water to form a batter.



STEP 2

Heat the oil in a pan and sauté the mushrooms and onions until soft. Remove from the pan, then pour in half the batter, like you're making pancakes.



STEP 3

Sprinkle over half the shrooms and onion, and flip when browned. Repeat with the other half of your ingredients.



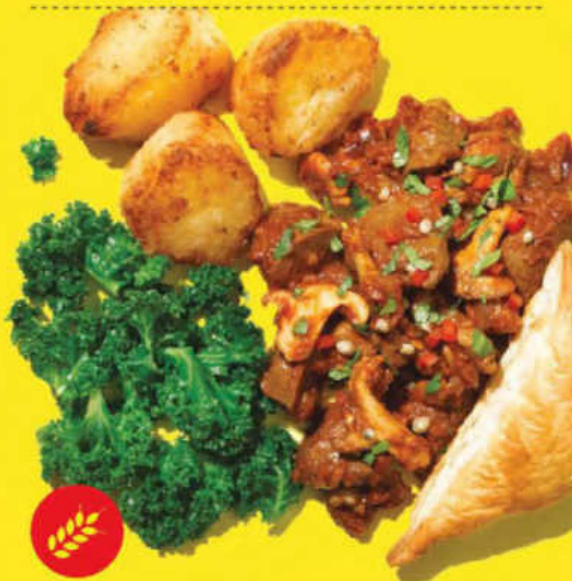
i) LEAN TEMPEH WRAPS

SERVES 2

- Tempeh slices, 4
- Coconut oil, dash
- Marmite, 2tsp
- Wholemeal wraps, 2
- An avocado, sliced
- Rocket or other greens, 2 handfuls
- Sundried tomatoes, 6

METHOD

Fry the tempeh slices in coconut oil for 15 minutes, browning both sides, then spread a little Marmite over the inside of your tortilla wraps. As well as multiple B vitamins, Marmite also adds a "rich, meaty flavour", says Bishop-Weston. Divide the other ingredients, along with your rashers of tempeh, and assemble your wraps. Swap out the odd BLT and it might just save your bacon.



iii) SEITAN AND WALNUT PIE

SERVES 4

- Seitan, 350g, chopped into chunks
- Wild mushrooms, 100g
- Walnuts, 100g, bashed
- Red onion, chopped
- Tomatoes, 400g, chopped
- Marmite, 2tsp
- Pack of puff pastry (butter-free, natch)
- Hemp seeds, sprinkle

METHOD

In a saucepan, simmer everything bar the pastry and hemp seeds for 20 minutes. Roll out the block of pastry to roughly double its size, then cut into triangles. Bake for 20 minutes at 200°C until risen and golden. Serve the seitan stew topped with the hemp seeds for omega-3. Pair with roast spuds, curly kale and a glass of (biodynamic) pinot noir.



ii) TOFU AND OLIVE BOLOGNESE

SERVES 4

- Firm tofu, 400g pack
- Smoked paprika, 1tsp
- Marmite, dessertspoon
- Red onion, chopped
- Garlic clove, crushed
- Tinned tomatoes, 400g
- Black olives, 30g, stoned
- Greens (spinach, basil, rocket), 120g, chopped
- Buckwheat pasta, 300g

METHOD

Crumble the tofu (like you would feta cheese) into a bowl with the paprika and Marmite. Bake at 180°C for 20 minutes to give it extra bite. Fry the onion and garlic together, then simmer with the tomatoes, olives and greens for 15 minutes. Add the baked tofu, season and simmer for a further five minutes. Serve with pasta, cooked to pack instructions. No more mincing about.



iv) CRISPY JACKFRUIT TACOS

SERVES 2

- Jackfruit, 250g, tinned
- Ginger, 1tsp
- Smoked paprika, 1tsp
- Garlic clove, crushed
- Barbecue sauce, 1tbsp
- Coconut oil, 1tsp
- Tacos, 4 small
- Lettuce, shredded
- Black beans, 160g cooked

METHOD

Get your jackfruit, grab two forks and rip into it. Combine the pulled fruit with the spices and sauce, then leave it to marinate for 10 minutes. Bake in a 180°C oven for 30 minutes, then fry in coconut oil to finish it off. Serve stuffed into tacos with the lettuce and black beans, the latter of which will provide a handy extra 7g protein. Meat-free Monday can't come soon enough.

NEW RAV4. NOW WITH HYBRID.



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BETTER WAY



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WARRANTY

2016 RAV4 Hybrid Excel 5 door AWD 2.5 Auto. Official Fuel Consumption Figures in mpg (l/100km): Urban 55.4 (5.1), Extra Urban 57.6 (4.9), Combined 55.4 (5.1). CO₂ Emissions 118g/km. All mpg and CO₂ figures quoted are sourced from official EU regulated laboratory test results. These are provided to allow comparisons between vehicles and may not reflect your actual driving experience. Model shown is 2016 RAV4 Hybrid Excel 5 door AWD 2.5 Auto £30,795. Price excludes metallic paint at £495. Prices correct at time of going to press.

VERSUS
MORNING
VS EVENING

THE POWER HOUR

It's a score that has refused to be settled for years: the early bird gym larks versus the weights room night owls. Thankfully, MH has a brief history of time

MORNING
WORKOUTS

35%

Testosterone, which fuels energy and muscle gains, soars in the AM when levels are a third higher

EVENING
WORKOUTS

75%

Cortisol, the muscle-eating hormone, climbs by 3/4 in the AM, but normalises at night

An Appalachian State Uni study showed those who lift at 7am power down faster at night – and produce more HGH – than evening trainers



SLEEP



The same study found evening gym time raises body heat like a warm bath and promotes sound slumber. Late-night training myth, busted

THE ROCK

Dwayne 'The Rock' Johnson works out long before the cock's crow, at 4:30am



ENDORSEMENTS



USAIN BOLT

Sports records are almost exclusively broken after the sun's gone down



Extra energy Testosterone Metabolism Super sleep

BENEFITS



Longer lie-in Max strength Stress relief Pub evasion

Do your cardio at the crack of dawn and you'll burn 20% more fat, reports a *British Journal of Nutrition* study

20%

BURN 'N' BUILD



07%

Go for a strength PB. After work, your anaerobic capacity is 7% higher, says *Applied Physiology, Nutrition, and Metabolism*

THE MH VERDICT: MORNING WORKOUTS WIN!

Though your muscles are warmer come the evening and, yes, you'll probably shift more weight above your head without sleep in your eyes, fact is you're unlikely to have a meeting scheduled for 6am. **With its supercharged fat-burn, high T and HGH advantages**, you're best advised to get to bed: you've an early start tomorrow.

FEEL

upbeatable



Feel strong, feel sustained, feel #Upbeatable
Up your game - be your 'superhero' personal best.

Enjoy your free bottle from www.feelingupbeat.com*

Made with liquid whey, Upbeat contains 20g of protein with fruit puree for an #Upbeatable taste and feeling.

Find us chilling in the dairy aisle or in the front of selected store fridges at Tesco, Sainsbury's, Waitrose, Ocado, Boots, Holland and Barrett and WHS Travel.

*(while stocks last)



TAKE IT EASY FOR HARDER GAINS

Taking a week off from the weights bench doesn't make you a slacker. In fact, a good rest will power up both muscle and motivation, leaving you stronger than ever

Men on nodding terms with the weights floor know that rest days are a cornerstone of muscle recovery – a hard-earned chance to kick back and allow the past week's gains to catch up with you. But sometimes rest days turn into rest weeks, and with them, self-satisfaction becomes self-loathing. After seven days of choosing the sofa over the squat rack you can almost feel your muscles withering away with each passing boxset. Sound familiar? Well, here's a plot twist for you: extended breaks from training not only provide a crucial mental lift to keep you motivated, they trigger powerful physical and biochemical changes that help increase your muscle mass over time.

Your body needs regular breaks to adapt to sustained training. It's not the work itself that brings about the changes you crave – like enhanced muscle mass and lean definition – but the time you spend recovering. The training is just the stimulus; during rest periods you experience a cascade of biochemical, neural and hormonal changes that cement those changes in your body. If you don't regularly take time to recharge and regenerate, you simply won't cash in on the results you've already paid for.

Play the hero long enough and you could even suffer overtraining syndrome (OTS), the result of excessive muscular, skeletal and joint trauma. This causes a rise in circulating monocytes – a type of white blood cell linked to immune



SATAN'S LITTLE HELPER
Ian Aylward is the lead strength and conditioning coach at Perform St George's Park. Rest assured.

THE DEVIL'S ADVOCATE

function – which leads to low energy, reduced protein synthesis, poor sleep, inferior performance and a drop in hormone production. Pretty much everything you need to ensure muscle growth and energy production get shut down. You keep training because you want your body to enter growth mode. But by overtraining you force it into survival and protection mode instead.

To some, a week away from the gym might seem counterintuitive. Two weeks might seem like heresy. However, in reality, it could be your key to super strength. When you take a week or two off from the gym every 12 weeks or so, your muscles, tendons and ligaments repair themselves, the glycogen energy stores in your muscles and liver are replenished and your testosterone levels recover **1**. Best of all, you won't lose any of your hard-won gains: studies show it takes four to six weeks of pure inactivity

If you don't take time to recharge, you won't cash in the results you have already paid for

– we're talking proper bed rest here – to see severe catabolic breakdown. After one or two weeks off, you won't

suffer a significant drop in strength, power, body mass or size – or witness a noticeable gain in body fat **2**. And it takes even longer to see any decline in aerobic capacity, stamina or VO₂ max **3**.

A week without loud, crowded gyms and rushing to get to spin will also do wonders for your mental freshness. You'll feel sharper, your enthusiasm to return to your workouts will surge, and you will have neutralised all the tiredness and irritability associated with overdoing it.

So give yourself a break. Truth be told, you'll do a lot worse by overtraining than you ever could by taking time off.

SCULPT A CLASSIC PHYSIQUE BY RESTING ON YOUR LAURELS

> THE DEVIL'S DETAILS

- 1 GOOD TO GROW**
Strength athletes can enjoy a surge in testosterone and growth hormone after a short break, says *Sports Medicine*.
- 2 FORTNIGHTLY FIX**
Research in *Medicine & Science in Sports & Exercise* proved that 14 days of rest causes little change in bench press or squat performance.
- 3 LIMIT YOUR LOSSES**
Take a break – within limits. A *Journal of Applied Physiology* study found VO₂ max dips by 6% after three weeks of laziness.

SHE SELLS SANCTUARY

Even if you don't bump into a Victoria's Secret angel, this holistic hideaway, a favourite of the celestial sirens, promises to redeem you inside and out

THE BEST
GYMS IN
THE WORLD

It may well be down to the purified, oxygenated air pumping through the club's vents, but you feel palpably healthier from the moment you enter Bodyism's new London gym. The mood-lifting vitamin D lights probably help.

Of course, amenities like this are to be expected from the wellness collective renowned for a holistic approach to fitness. Founded a decade ago by celebrity PT and bestselling author James Duigan, Bodyism became fashionable for sculpting the long, lean physiques of everyone from pro athletes to Victoria's Secret Angels and 'The Body' herself, Elle Macpherson.

In its swanky new West London outpost, their philosophy of wellness runs deep, with two treatment rooms and an on-site 'Clean and Lean' cafe. And you won't find any heavy iron in the studio. Instead, prepare to be humbled by your own bodyweight and seemingly basic tasks like sidestepping the length of the room with a resistance band around your ankles.

Rather than simply focusing on strengthening the same old muscles, Bodyism aims to sort out any imbalances – physically, nutritionally and even mentally. So as you exit, lungs full, vegan protein shake in hand, smile – you're going to feel DOMS in muscles you never knew existed.



ZERO

The number of strict methods Bodyism tries to impose. Instead, it combines multiple disciplines to find a healthy balance for each individual, says Michael Tanner, senior performance specialist. AKA 'The Common Sense Approach'.



£110

The minimum monthly fee, which includes four classes (£30 thereafter), a cookbook and a resistance band. Or for £19,500 a year you can have unlimited classes, 100 PT sessions and a free shake every visit.



CRAP

Caffeine, Refined Sugar, Alcohol and Processed Food – ie what you should cut out, under Bodyism's pleasantly sensible creed of 'clean and lean'. Don't panic: you can have two (organic) coffees a week – or six cups of green tea.



DEAD ON

At Bodyism it all starts with mastering your bodyweight. Add a slider to your single-leg deadlift to target your core while strengthening your posterior chain. Up the weight as your balance and strength improve.



WARRIOR

Bodyism's reassuringly manly-sounding class that mixes full-body functional movement with flexibility. Ego not comfortable with yoga or ballet? Sign up for a boxing session with the incongruously geezerish ex-pro George Veness.



GYM
BODYISM

LOCATION
222-224 WESTBOURNE
GROVE, LONDON W11 2RH

WEBSITE
BODYISM.COM



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Daks Ltd
London



By Appointment
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13
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THE TRUTH

14
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SCHEMES

15
PHRASE THE
STAKES

16
GET YOUR
MOVE ON

A

CLINGING TO FITNESS
MYTHS? CHEW OVER
THE FACTS FIRST



> STICK TO YOUR RUNS

Some pavement pounders stretch; others go out cold. Whatever you do, the key to avoiding injury in the long run is consistency

There has always been debate. Do you stretch before or after? Perhaps you like a little pull on the hamstrings a mile or so in?

Is static best, or dynamic? Or maybe you like to go ballistic with it? Stretching is one thing that all runners feel compelled to do, but on which none can agree.

So it's with a pleasing air of finality that we can tell you that an official answer has been found. According to research presented to the American Academy of Orthopaedic Surgeons, stretching your calves and quads does absolutely squat

to prevent injuries. Nada. Zilch. In fact, study subjects who picked up the practice purely for the sake of the trial incurred more injuries than those who stayed true to their stretch-shirking ways.

More interestingly, the inverse was also true: habitual stretchers who instead practiced unprotected flex during the study were more likely to come a cropper than those who stuck to their routine.

So when it comes to stretching, the bottom line is this: don't do it just because you feel you should. Being a slacker just made you a more time-efficient exerciser.

CARDIO NEWSFEED 04.2016



THE CARDIO QUACK

Q: My resolution to run a half-marathon this year is already falling apart. How can I get back on track?

A: The answer is in the question. Literally. Dubbed the 'question-behaviour effect', it has been proven by more than 100 studies and 40 years of research that we are significantly more likely to succeed when we phrase a goal as a question rather than a statement. Shown to influence behaviours from recycling to exercising more, the effect can hold for up to six months and is most powerful when we're confronted by the question in written or digital form. So stick it on the fridge and set a few reminders on your phone for good measure. All you've got to do is ask yourself one simple question. Are you going to run that half-marathon this year? Well, are ya, punk? You know the answer.

NO S!@#.
SHERLOCK!

PHYSICAL
ACTIVITY MAY
HELP KEEP
OVERWEIGHT
PEOPLE FIT

University of
Eastern Finland

HEALTH HACKS #1 A SPOONFUL OF SUGAR HELPS THE MARATHON GO DOWN

Sports drink makers like to play up the endurance boost to be gained from the glucose in their bottles. Of course they do: it's how they justify the price. But sweet news from the Uni of Bath claims that sucrose – AKA regular table sugar – is far more effective in loading up liver glycogen stores. Mix up some water and sugar to the ratio (right) for the simplest and cheapest performance-enhancer.



ENTER THE RACE FOR
THE SUGAR BOWL

Use 7g of table sugar for every 100ml of water to concoct the ultimate, budget-friendly endurance fuel.
University of Bath

LIGHT ACTION CAMERAS

Whether it's your first muscle-up or a last, breakneck descent, if a physical feat is worth doing, it's worth posting online. MH takes a close-up of the top brands

THE MH
INSTITUTE
ACTION
CAMERAS

To enjoy long-term happiness, sage heads advise us, we should spend our money on experiences rather than material goods that inevitably lose their lustre. A Cornell University study even found that the joy of an event not only begins in advance, but endures well after the fact. Which brings us to the less sage heads among us, preaching the increasingly popular dogma: film it or it didn't happen.

Cue action cams – the fast-growing category of compact cameras that are engineered to be your partner in grime and chief witness. With HD (and 4K not far behind) an industry standard, and extras like GPS and HR-monitoring entering the fold, the latest models do it all. *MH* sent the top five contenders to Red Bull pro mountain-bike athlete Matt Jones for a thorough (off) road test*.



GOING LIVE 7.5/10
Sony FDR-X1000V £279

| | |
|------------|----------|
| Footage | ●●●●●●●● |
| Mounts | ●●●●●●●● |
| Operation | ●●●●●●●● |
| Durability | ●●●●●●●● |
| Battery | ●●●●●●●● |

INDUSTRY INSIDER The only brand that made cameras before the extreme footage craze took off, Sony's subtle gamechangers include wind noise reduction and image stabilisation, plus Hollywood blockbuster 4K video. Best of all, built-in wifi allows you to stream in real time.

EXPERT VIEW Live-streaming is a nice touch, though you won't win any fans if you're training at the park, rather than risking life and limb. While picture quality equals the GoPro, the limited range of mounts makes filming obscure pursuits tricky. A top-shelf camera better suited to post-event recaps.



SPEED DEMON 7/10
ION Speed-Pro £200

| | |
|------------|----------|
| Footage | ●●●●●●●● |
| Mounts | ●●●●●●●● |
| Operation | ●●●●●●●● |
| Durability | ●●●●●●●● |
| Battery | ●●●●●●●● |

A CLEAN GETAWAY The industrial-strength suction cup for affixing the camera to the side of a vehicle might be overkill for your (very fast, we're sure) hill sprints.

At least the low-light sensitivity and 180-degree lens captures every little detail.

EXPERT VIEW You'll feel strong Bond vibes with this peering at you menacingly.

But the camera's frame rate when shooting in HD was pretty low (even when not mounted to the side of a Vanquish), resulting in choppy footage – not ideal for analysing your running form in slo-mo.



*IT DEFINITELY HAPPENED BECAUSE HE FILMED IT: SEE MENSHEALTH.CO.UK/ACTIONCAMS
WORDS: DEAN STATTMANN | PHOTOGRAPHY: CHARLIE SURBEY



GET ACTIVE 9/10

GoPro Hero4 Black £410

| | |
|------------|----------|
| Footage | ●●●●●●●● |
| Mounts | ●●●●●●●● |
| Operation | ●●●●●●●● |
| Durability | ●●●●●●●● |
| Battery | ●●●●●●●● |

MOUNTED DEFENCES King of first-person adventure race footage (and stealthily filmed deadlift PBs), GoPro is going hard to protect its rep. The latest iteration boasts faster processing speed, robust wifi and, best of all, 4K30 footage – a massive four times the resolution of 1080p HD.

EXPERT VIEW It took longer to turn on than expected and we found the lack of zoom perplexing, but once up and running, the Hero4 Black was lightning-fast and produced the clearest picture we've seen. And with the best array of mounts, not a single 1RM need go undocumented.



CARDIO CAM 8/10

Garmin Virb XE £350

| | |
|------------|----------|
| Footage | ●●●●●●●● |
| Mounts | ●●●●●●●● |
| Operation | ●●●●●●●● |
| Durability | ●●●●●●●● |
| Battery | ●●●●●●●● |

NEVER LOST AT SEA Waterproof up to 50m, the Virb will withstand an ultra run of perspiration, or the swimming leg of a triathlon. Integrated GPS tracks your efforts in a similar way to MapMyRun, and the app will help you retrieve a camera lost in transition.

EXPERT VIEW The Virb is the perfect shape for affixing to a chest mount, which is the best angle for capturing the most immersive race footage. This one's for anyone looking for the all-round ability of a GoPro with the GPS and multi-metric tracking that comes with the TomTom.



RIDE SHOT 8.5/10

TomTom Bandit £300

| | |
|------------|----------|
| Footage | ●●●●●●●● |
| Mounts | ●●●●●●●● |
| Operation | ●●●●●●●● |
| Durability | ●●●●●●●● |
| Battery | ●●●●●●●● |

HEART-POUNDING ACTION While recording video in crisp 4K, the Bandit also tracks G-force, speed, rotation, acceleration, altitude and even heart rate. When your efforts are over, the app uses this data to pull up your highlights, revealing what made your heart race.

EXPERT VIEW The new bullet shape is the best option for helmet mounting and made the camera feel less bulky, ideal for mountain biking or winter sports. The quick-release system allowed for intuitive clipping in and out, and the Bandit's battery lasts longest, so you won't miss a moment of brilliant terror.



17
THE SHOW
GOES PRO

18
MOUNTING
GUIDE

A



HEROIC MOVES

- Pole Position** Oft-seen on the slopes, a pole mount can be moved almost wherever you want, giving shots more variety.
- Heads Up** Helmet mounts won't distract you and allow you to change the scenery simply by moving your head.
- Chest = Best** Giving your viewers a super-immersive experience, a chest mount is the ultimate 'set it and forget it' option.

ADAPT

FRESH FOAM 1080



UNDER EACH STEP, YOU CAN MAKE ANY ROAD YOURS.

The pinnacle of cushioning. Its unique, sweet ride was designed directly from the data of runners like you.

MILK PAILS IN COMPARISON

You don't have to be a vegangelist to enjoy a good yield of benefits from plant-milks. In fact, we advise pouring over the options



DOPE SMART'S HEMP

Aside from the eco-kudos of drinking 'milk' made from one of the earth's most sustainable crops, each serving of hemp deals out all nine essential amino acids as well as a truckload of omega fats. Great for the heart, brain and, of course, joints. Pour, pour, pass.

USE IT Thick and creamy, use hemp milk to charge up your porridge with a mental boost. It'll clear any morning brain haze.



BULK ORDER SOYA

Packing more muscle-building protein per calorie than any other non-dairy option on offer, soya pulls ahead of the herd thanks to its minimal saturated fat content and complete absence of artery-clogging cholesterol – unlike good ol' dairy, which delivers both. All gains, no pains.

USE IT While some plant milks will separate in tea or coffee, soy's full-bodied consistency makes for a zero-curdle cuppa.



PASTURES LEAN ALMOND

With fewer than half the calories of skimmed milk, just 10% of the carbs and 98% less sugar, almond milk delivers a steady stream of energy, keeping blood sugar stable and fat storage to a minimum. All of which goes some way to explaining how this milk built its kale-like following.

USE IT The mild, nutty taste and low calorie profile makes it an ideal base for smoothies, or for a less gruel-like bowl of oats.



GYM GRAINS RICE

Sure, it's pretty low on the protein front, but the carbs in rice milk are very easy to digest. With twice the amount contained in dairy milk, rice is the perfect post-workout concoction to restock your glycogen stores and speed protein from your diet on its way to your hungry muscles.

USE IT Pour a serving into your gym-bag protein shaker. The carbs will max out your recuperation after a hard session.



DESICCATE FAT COCONUT

Starbucks' plant-based favourite is comparable with dairy in terms of its protein and carb count, but cracks the competition with eight-times more fat in the form of heart-healthy MCTs. Half of that is lauric acid – a proven metabolism booster with protective antibacterial properties.

USE IT Grande fat burners can pour some into a pre-gym espresso for an electrolyte-loaded latte. Foam art optional.

> CHECK YOUR DAIRY

It's not all or nothing. Skim a little off the top to look and feel a whole lot better



01/ BONE UP WISELY

A BMJ study linked a high milk intake with increased risk of hip fractures. Get your calcium from other sources such as nuts, beans and leafy greens, too.



02/ NO MOO FRIENDS

"About 75% of the world's population can't digest dairy properly," says Dr Mark Hyman*. That whey shake might not be making it to your muscles in full.



03/ SPOT REDUCTION

A heavy milk habit has been correlated with acne by the Harvard School of Public Health. Low-fat drinkers were the most likely to have regular breakouts.



UNBEATABLE

(dandruff protection**)



UK's #1** gives you up to
100% flake free* great hair, it's all anyone will notice

*Visible flakes seen at 2ft with regular use. **Based on Nielsen Shampoo value shares, from July 2014 to June 2015.
***With regular use vs. non-selenium containing anti-dandruff shampoos, against visible flakes seen at 2ft.



21
LIFT YOUR
LIFESPAN

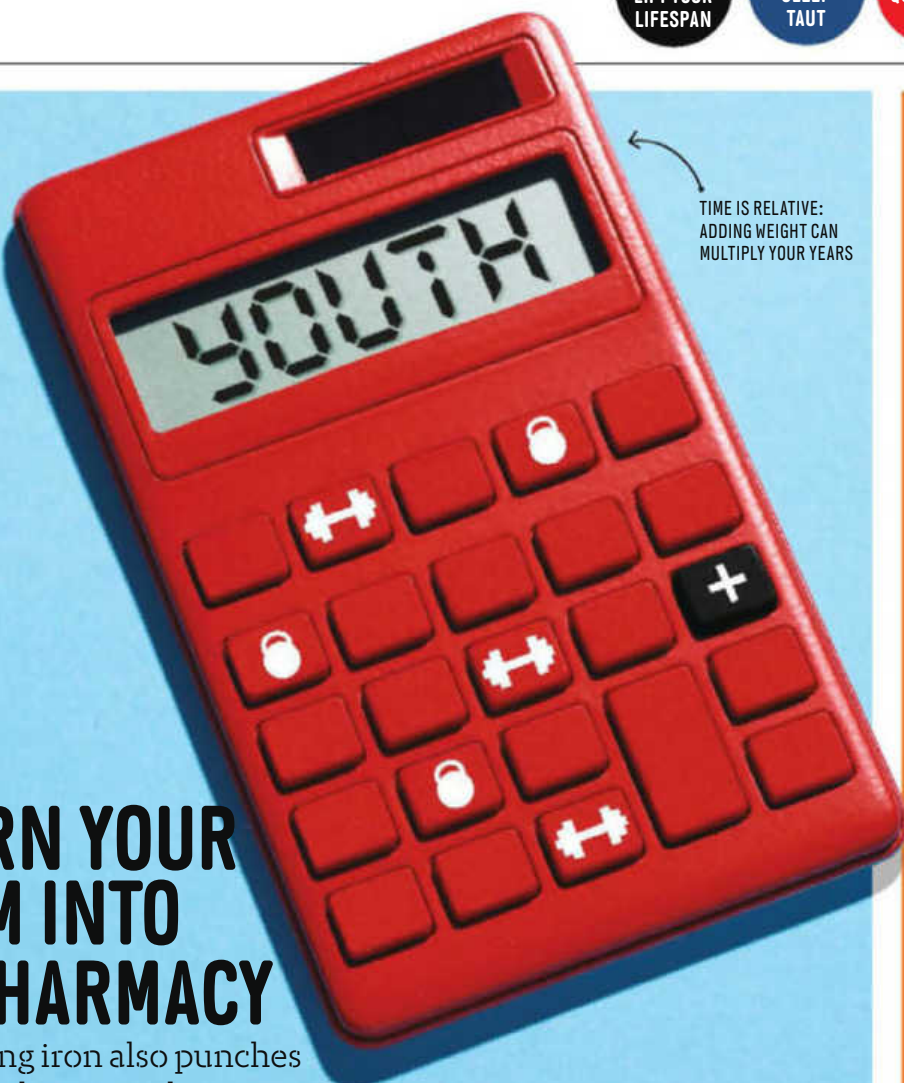
22
SLEEP
TAUT

23
QUARK THE
TALK

24
ROM
COMMS

A

THE BEST
FOOD YOU'RE
NOT EATING



TIME IS RELATIVE:
ADDING WEIGHT CAN
MULTIPLY YOUR YEARS

> TURN YOUR GYM INTO A PHARMACY

Pumping iron also punches up your longevity hormones. It turns out heavy metal is just what the doctor ordered

There's a classic *Saturday Night Live* sketch from 2000 in which Christopher Walken plays a manic producer for Blue Oyster Cult, hell-bent on adding louder cowbell strikes to the mix. "I got a fever," he says, infuriated by the band's demurral, "and the only prescription is more cowbell."

Now, while the medically approved prescription for a longer life isn't quite the same, more kettlebell will certainly help. In a new breakthrough study, sports scientists at Seoul National University have found that

resistance training increases the circulation of irisin, a so-called 'long-life hormone' believed to play a part in delaying the ageing process.

Previous research has picked up on irisin's fondness for exercise, as well as its ability to break down fat and inhibit cancer cell development. But this is the first time scientists have specifically pinpointed weight training as a trigger.

By the end of the eight-week study, participants who hit the weights room experienced a surge in the hormone, compared with subjects encouraged to perform cardio, who registered an insignificant bump.

So if you want to put a stop to long waiting times at the GP, the best thing you can do is start queuing somewhere else: the squat rack.

MUSCLE NEWSFEED 04.2016



> #8 QUARK

WHAT? Think a creamier, less tart Greek yoghurt, but with more protein and almost half the calories.

WHY? Tohoku University in Japan found that the type of vitamin K in quark boosts testosterone. It also packs probiotics, another potent T booster. It's strength by the tubful, basically.

HOW? You can say goodbye to mayonnaise and ricotta. Sub in quark instead and scoop up the benefits.



MUSCLE MECHANICS

> USE HALF MEASURES FOR BIGGER BICEPS

Training with a full range of motion might make you stronger. But partial reps get you just as big, faster Good PTs will tell you that full-range reps activate the most muscle fibre, and are therefore the best way to increase strength. But that's not to say cutting corners is *always* cheating; for busy men, partial reps serve their purpose. When Brazilian researchers had two groups complete 10 weeks of biceps training – one lifting with a full ROM, the other curling heavier over just the middle 50% of the movement – both built the same amount of mass. Go heavier; go home earlier.

20% Muscle mass lost by gym rats (that's actual rats, we mean) during a 4-day sleep deprivation study
Muscle Nerve

THE
NUMBER

WORDS: DEAN STATTMANN | ILLUSTRATION: ALCONIC AT SYNERGY ART | PHOTOGRAPHY: HEARST STUDIOS | ADDITIONAL PHOTOGRAPHY: GETTY

TREND
SWEATING
ATHLEISURE

WHAT'S IN WORKS OUT

Performance wear has had a makeover: the athleisure trend sees street-to-gym threads infused with subtle tech features. While monochrome proliferates, dressing to work out and go out is no longer black and white

01

HIGH LOW-TOPS

Originally designed to help ballers jump higher, Athletic Propulsion Labs' trainers were swiftly banned by the NBA for providing an undue advantage. Now they're worn by fashion players bored of the ubiquitous trainer giants. With its on-trend knitted texture, the TechLoom Pro will help you score points both on the court and off.

£95 mrporter.com

02

TRACK STAR

The luxurious menswear collection from clean-eating training collective Bodyism is designed to take you from its West London facility (see p30) to somewhere equally swanky. These modish sweatpants have a tapered fit plus hardware-like zip pockets to prevent you from looking like a slouch – even when you're slobbering out.

£125 cleanandlean.com

03

FLY TIDE

LA sports-luxe brand Stampd is at the top of its game, but its collaboration with Puma delivers sportswear you could actually play in. That the designer is a keen surfer shows in the back panel of this backpack, which is made from padded wetsuit fabric and has tidal defences at the base for when you set it down on the damp changing-room floor.

£100 uk.puma.com

> LEISURE
ACTIVITIES

Boost your athleticism on your ass – and we don't mean by wearing this season's sweats



TIGHT SQUEEZE

Grip exercises have a huge carryover to your lifts. Captains of Crush (ironmind.com) are the hand-gripper gold standard – most gym bros can't close them.



BAGGAGE CHECK

Sitting upright, feet on the floor, place your Puma x Stampd pack on your thighs and do calf raises: 20 reps will burn 60 calories – more if you packed your laptop.



REAR WINDOW

Sitting for long periods puts your most powerful muscles to sleep. So contract your glutes as often as you can to build strength, burn calories and prevent back pain.

04

EVERY THREAD COUNTS

Founded by an ex-magazine fashion director, athleticwear brand Every Second Counts succeeds in the details. This T-shirt's modal cotton with built-in stretch allows you to train with full range of motion, while the slim fit enables its transition to/from the gym.

£58 everysecondcounts.co.uk

05

BLACK MIRROR

This stealth bomber from Huez – a new cycle-meets-casualwear brand developed by an erstwhile Paul Smith designer – conceals three shoulder vents and Darklight reflective tape so you can ride hard and also be seen without resorting to full-on fluoro. Made of a waterproof, breathable Japanese fabric, this one's far more than fair-weather fashion.

£285 huez.co.uk



SMOOTH UPTOWN VEHICLE

Some say that SUV just stands for Sports Utility Vehicle. We say, why stand for compromise?

- Available with 4x2 with Traction+ or 4x4
- Manual dual clutch and 9-speed automatic gearbox
- Uconnect™ RadioNav LIVE 6.5" touchscreen
- Aux-in with Bluetooth and Sat Nav
- Drive Mood Selector



GIVES **SUV** NEW MEANING

Fuel consumption figures for Fiat 500X Range in mpg (l/100km): Urban 32.5 (8.7) – 61.4 (4.6); Extra Urban 49.6 (5.7) – 74.3 (3.8); Combined 42.2 (6.7) – 68.9 (4.1). CO₂ emissions 157 – 107 g/km. Fuel consumption and CO₂ figures based on standard EU tests for comparative purposes and may not reflect real driving results. Model shown is a Fiat 500X Cross Plus which comes with all features listed as standard. Specification for other models may vary. Contact your local dealer for more information. Uconnect™ LIVE systems, where available, require a data enabled smartphone to use.



fiat.co.uk

WHAT
HAPPENS
WHEN...

I SKIP BREAKFAST?

Done right, you'll gain time and lose your muffin-top. But the butter knife cuts both ways, and new research serves up a smorgasbord of reasons to dig in at dawn

01

HIT IT EARLY

Muscle glycogen levels are at their lowest when you wake up, due to overnight fasting. Bang out an early-AM session and recent evidence shows you'll better tap into your fat reserves. But if weightloss isn't a priority, skipping breakfast could be bad news. A Loughborough Uni study found that men who missed a morning meal didn't perform as well in evening workouts.

02

KICK THE HABIT

Adults who neglect breakfast are more likely to smoke, drink heavily and work out less, concludes a study by Helsinki University. However, the link between breakfast and a lean body may be purely behavioural; people who do partake tend to have a more balanced diet overall, says dietitian Emer Delaney. Start off with something light and you'll soon see the benefits.

03

BOWL TONY OUT

Research in the *Journal of Nutritional Science* found overweight men who skipped breakfast lost fat but had higher cholesterol compared with those eating frosted flakes. However, new studies suggest sugar has a worse effect on heart disease than cholesterol – meaning flakes could be worse than flaking.

04

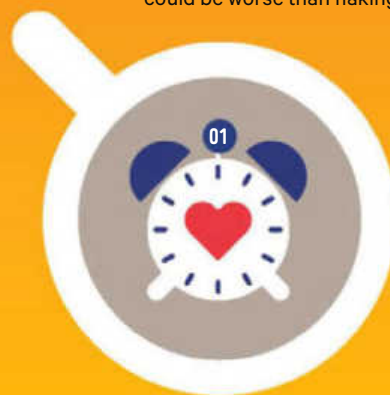
PROTEIN FIRST

The idea that simply eating breakfast alone will give your metabolism a boost is piffle: you won't get shredded with toast. It's the quality of the calories that really counts, says Hugh Jackman's trainer, David Kingsbury. Opt for 35g of protein from fare such as eggs, oats or yoghurt, which the Uni of Missouri-Columbia found can limit fat storage.

05

EAT AT EIGHT

Getting served a big bowl of Life? Tuck in at 8am. That's when stress hormone cortisol peaks, and a well-balanced breakfast can lower it, says Kingsbury. According to a Missouri-Columbia study, habitual breakfast skippers also have lower stocks of the 'reward' chemical dopamine, making them more likely to binge on sugary foods. Pass the ketchup, would you?



SHORT OF BREATH, LONG ON FITNESS

A new approach to training that focuses on restricting the oxygen flow to your lungs claims to have unparalleled benefits. MH decided to train like Bane to test the theory

TREND
ON TRIAL
MASKED
TRAINING

Trendspotters will have noticed an increasing number of runners wearing futuristic-looking gas masks. Contrary to appearances, they're not a hysterical reaction to the Zika virus scare, but the latest dispatch from the progressive end of the fitness scene. But what do they do? And more to the point, do they even work?

Well, they don't simulate altitude. To recreate summit training, you would need to make the air thinner – ie the molecules further apart. Nor do 'restricted airflow masks' alter the chemical composition of air. For that you'd need a hypoxic chamber, which as a rule you cannot strap to your face.

Instead, they just starve you a little bit. Adjustable valves limit the amount of air you breathe, making the muscles around your lungs work harder. It might sound kinky, but experts subscribe to the premise. "The respiratory muscles are one of the most neglected muscle groups in your body," says Dr Mark Faghy, an exercise physiologist from Loughborough Uni. "But they're also very elastic and react well to stress just like any other skeletal muscle." In other words, stronger breathers make stronger all-round athletes. Ever the seekers of truth, we picked up a Training Mask 2.0 to find out whether the theory had legs.

RESTRICTED AIRFLOW TRAINING

| | |
|----------------------------|--------------------------------------|
| MH'S LAB RAT BEN HOBSON | COST £60 (MASK) |
| STATS 6FT 2IN, 88KG | DISCIPLINE HIIT |
| FITNESS LEVEL HIGH | TEST STATION SKINNY REBEL, LONDON |
| TOOLS TRAINING MASK 2.0 | TAGLINE JUST BREATHE |

THE TEST METHODS

My first challenge is simply buying a mask – demand is high – but then I'm introduced to Train Dirty, a London-based fitness collective that uses the masks in their Skinny Rebel sessions (yes, the names do grate). The theory is that, by restricting oxygen while training, the body adapts the way that it uses its energy stores and pushes its thresholds. In other words, it's much, much harder.

Heart rate is a reliable indicator of effort and within 25 minutes of my first session, having done a few supersets of burpees and battle rope drills, I've reached 170bpm – close to my threshold of 182bpm. Even after a few sessions' practice, I rarely drop below an average heart rate of 135bpm. That's a good 20

beats higher than my average without the mask, mainly because it continues to tax the respiratory muscles when recovering between sets. For men who are looking to shift kilos, this has a significant effect: over a 45-minute session I burn 500-600 calories as opposed to my usual 350-400.

Masked workouts also make you realise just how much you depend on a lungful of air to support your body. Filling your windbags is often a good stabilising tactic before a lift, but using a mask precludes this – pauses in breath are immediately felt and lead to fatigue. Consequently, it enforces a fine balance between form and work rate. If you perfect your form while wearing the mask, then it'll hold you in good stead.



FITNESS SHORTCUT OR
THE BANE OF YOUR LIFTS?

AT A GLANCE

| | |
|----------------------------|---|
| PRICED UNDER £20 | X |
| AVAILABLE ONLINE | ✓ |
| HIGH CALORIE BURN | ✓ |
| COMES WITH INSTRUCTIONS | ✓ |
| ONE-TIME BUY | ✓ |
| FOR ALL LEVELS OF FITNESS | ✓ |
| NO GYM MEMBERSHIP REQUIRED | ✓ |
| ALLOWS PROGRESSION | ✓ |
| COMES IN DIFFERENT SIZES | ✓ |
| COOL POINTS | ✓ |

SCORE

9/10



A SECOND WIND FOR YOUR TRAINING



USER FEEDBACK



MY IRON LUNGS

There are full-body benefits to be had by wearing a mask. Improving your lung strength helps with all aspects of fitness.



A COSTLY HABIT

The mask is fairly expensive, but you can train pretty much anywhere using nothing more than bodyweight.



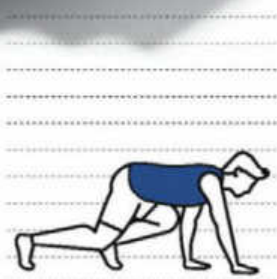
HOT TO TROT?

It's down to you how hard you work, so not the best for those unmotivated days. It also gets pretty sweaty in there.

YOUR CLASS PRIMER

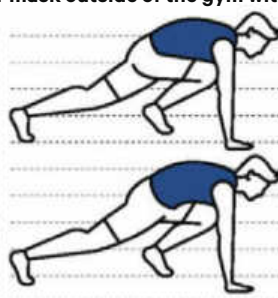
ESCAPE THE WEIGHTS ROOM

Exercise your right to take your mask outside of the gym with these three power moves



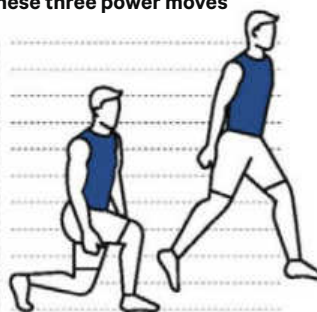
BEAR CRAWL

This plyometric move works the whole body. Set a distance of 10m, and crawl half way, crawl back, then crawl the full distance and return. Rest for 45sec and repeat twice more.



MOUNTAIN CLIMBER

Form is key, especially with the mask on. Try bursts of 20sec with a rest of 20sec. Do this four times, aiming to keep that body line straight and your diaphragm relaxed.



SPLIT SQUAT JUMP

This one gets the legs burning quickly. You're looking for control rather than speed, so aim for five sets of 30sec of alternating jumps with 30sec rest.

THE VERDICT

It took me a good three sessions to get used to how the mask affected my performance. What I imagined as a variation on a HIIT session was, in reality, something completely different – and frustrating at times. Even so, learning to breathe better has impacted many areas of my training, from lifting heavier to running faster and further. Most of all, you'll find the extra effort an exercise in mental endurance that translates beyond the gym floor. 🏋️

POWER OR EFFICIENCY?



MAZDA CX-5:
FROM **£239** A MONTH
+ INITIAL RENTAL

MAZDA6:
FROM **£199** A MONTH
+ INITIAL RENTAL

MAZDA3:
FROM **£159** A MONTH
+ INITIAL RENTAL

WITH MAZDA FLEET, YOU DON'T HAVE TO CHOOSE.



mazda

Whoever said 'you can't have it all' obviously didn't get their company cars from Mazda. We don't make compromises. And, thanks to our exclusive SKYACTIV Technology, you don't have to either. So now you can enjoy the power of a big engine with the efficiency of a small engine.

All three models feature a 2.2 litre 150ps diesel engine, yet have emissions from just 104g/km and combined fuel economy of up to 72.4mpg*.

There is one difficult choice though. Mazda3, Mazda6 or Mazda CX-5?

Search: Mazda Fleet

DEFY CONVENTION

The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 30.4 (9.3) - 74.3 (3.8), Extra Urban 51.4 (5.5) - 88.3 (3.2), Combined 40.9 (6.9) - 83.1 (3.4). CO₂ emissions (g/km) 161 - 89.

The mpg figures quoted are sourced from official EU-regulated test results obtained through laboratory testing. These are provided for comparability purposes only and may not reflect your actual driving results.

*Mpg and CO₂ figures apply to the Mazda3 Fastback 150ps Diesel Manual. Contract hire offer for business users for Mazda3 105ps SE Diesel, Mazda6 Saloon 150 SE Diesel, Mazda CX-5 165ps 2WD SE-L Nav orders received between 01.01.2016 and 31.03.2016, subject to availability, status and agreement. Mazda3 figures based on a non-maintenance contract hire package with advance rental of £954, then 36 monthly rentals of £159. Excess miles over contracted mileage of 10,000 over 36 months charged at 11 pence per mile. Mazda6 figures based on a non-maintenance contract hire package with advance rental of £1194, then 36 monthly rentals of £199. Excess miles over contracted mileage of 10,000 over 36 months charged at 11 pence per mile. Mazda CX-5 figures based on a non-maintenance contract hire package with advance rental of £1434, then 36 monthly rentals of £239. Excess miles over contracted mileage of 10,000 over 36 months charged at 11.87 pence per mile. Guarantee/indemnity may be required. Prices exclude VAT at 20%. Prices and details are subject to change without notice. For full specification, wear and tear provisions and other T&Cs, see Mazda Master Agreement and your local dealer. ALD Automotive Ltd., trading as Mazda Contract Hire, BS16 3JA. Models shown: Mazda3 105ps SE Diesel. OTR from £18,895.00. Model shown features optional Snowflake White Pearlescent paint (£540). Mazda6 Saloon 150ps SE Diesel. OTR from £22,295. Model shown features optional Soul Red Metallic paint (£660). Mazda CX-5 165ps 2WD SE-L Nav. OTR from £23,195. Model shown features optional Crystal White Pearlescent paint (£540). On-the-road prices include 20% VAT, number plates and 3 years' European Roadside Assistance.

29
CARDIO
HOTSHOT

30
MIGHT
BULBS

31
VICTOR'S
CUP

32
C PROVEN
RESULTS

A

BOOST RUN TIMES WITH TEA & CAKES

There's a new performance enhancer lurking in your health shop, and it wants to turn your fat stores into fuel. Take unfair advantage

Playing fast and loose with your caffeine RDA is a proven exercise booster. But as many an eye-bulging bodybuilder will testify, it has a habit of catching up with you. Which is why the results of a new study from Taiwan are worth implementing come race day, or even during the next you-versus-your PB showdown on the treadmill. Rutin,

a bioflavonoid, was found to increase the capacity for exercise endurance by boosting production of mitochondria in your muscle cells, and prolonging the time it takes for your body to fatigue. Good alternatives to tablets include buckwheat, lemon rind and apples. That's buckwheat and apple pancakes for breakfast, then. Thirsty? Wash it down with rooibos, the best sippable source. For extra hipster points, arrive at the start line with a rooibos espresso, which is currently cooler than FKA Twigs on a fridge-freezer.

SCORE MORE THAN
A RUN-OF-THE-PILL
PERFORMANCE

YOUR STORM IN A TEACUP MH's DIY guide to rooibos espresso



01

Buy rooibos (AKA red bush) espresso powder at redesspresso.com. Set up your aeropress or coffee machine as normal.

02

Add powder to your espresso handle and run a little water through it – this should make the powder expand and tighten.

03

Now make the espresso shot. Try adding honey for energy (how South African hipsters do it) or iced foamed milk for extra protein.

04

Knock it back before queueing up at the start line. And be sure to let everyone know you were doing it before it was cool.

SUPPLEMENTS NEWSFEED 04.2016



Garlic tablets are highly anabolic. Which might go some way to explaining why vampires invariably look like skinny hard-gainers

Kobe University, Japan

CASEIN POINT

Give the nighttime muscle supp a scientific upgrade



As well as building muscle, casein packs 'casomorphins', which aid sleep, says nutritionist Dr Mike Roussell. Blend his peanut butter cup for sweet dreams:



2TBSP
REDUCED-FAT
COTTAGE CHEESE



1/2 SCOOP
CHOCOLATE CASEIN
PROTEIN POWDER



1TBSP
SUGAR-FREE
PEANUT BUTTER



1TBSP
PEANUT BUTTER
POWDER



2TSP
SWEETENER
(optional)

371 45g 15g 15g
CALORIES PROTEIN CARBS FAT



Vitamin C enhances
your immune system.
Shut the front door

Annals of Nutrition
& Metabolism

YOUR FILLETS-O-FIT

Call it a culinary bait-and-switch if you like, but the truth is there is no catch. Whether you want to pack on muscle or get abs like Aquaman, your Friday favourite is back on the menu

**BULK UP,
SLIM DOWN
FISH'N'
CHIPS**

COD ALMIGHTY

BULK UP THE CALORIES TO NET NEW MUSCLE

This high-protein feast will reel in greater results from your next strength session. The cod fillets alone provide 42g of biceps-building protein, plus 120% of your daily requirement of selenium, which keeps your testosterone levels above water. And by swapping grease-soaked chips for sweet potato wedges, you're bagging well above your RDA of vitamin A to fight off illness during heavy training weeks. The wholegrain rice adds more than 100 calories for just 1g of fat, while manganese in the minty peas helps your body metabolise protein. And if that wasn't enough – which it should be – the healthy batter of eggs, oats, chia and flaxseed upgrades this great British staple by trading trans fats for healthy omega-3. The net effect? You'll pack on muscle mass without regaining your winter blubber.

INGREDIENTS

- Coconut oil, 3tbsp
- Cod fillets, 460g
- Sweet potatoes, 4, peeled
- Peas, 1 tin
- Mint sauce, 2tsp

BULK-UP EXTRAS

- Wholegrain rice, 200g (cooked)
- Eggs, 2
- Oats, 60g
- Flaxseed, 1tbsp
- Chia seeds, 1tbsp

136g
CARBS

38g
FAT

72g
PROTEIN

1115
CALORIES

BULK UP

> METHOD SERVES TWO



1/ SIMMER DOWN

This is the boring bit, but it will be worth it when you tuck into your cheeky Nando's-style chips-and-rice combo. Simmer the rice for 10min, drain and stash it in a covered bowl to keep warm.



2/ WHISK IT ALL

Whip the eggs and, in a separate bowl, mix the oats, flaxseed and chia seeds. Dip the cod fillets into the egg, then coat in the oat mix. Fry in coconut oil for 3-4min each side until cooked through.



3/ THE CHIPS ARE UP

While you soak up the smell of frying fish, chop the spuds into chips or wedges. Microwave for 5min, then pan-fry in a dash of coconut oil for 5min so they turn crispy. Cover to keep warm.



4/ MINT CONDITIONED

Lastly, cook the peas in boiling water for 3min. Drain and lightly mash with a fork, mixing in the mint sauce as you stir. Serve with the fish, rice and wedges for the ultimate post-workout catch.

33

HAUL IN
MUSCLE

34

FISH 'N'
RIPPED

A

67g
CARBS17g
FAT58g
PROTEIN694
CALORIES

SLIM WITH THE FISHES

CUT THE CARBS AND CHIP AWAY AT BODY FAT

INGREDIENTS

- Coconut oil, 2tbsp
- Cod fillets, 460g
- Sweet potatoes, 3, peeled
- Peas, 1 tin

SLIM-DOWN EXTRAS

- Lemon, squeezed
- Lime, squeezed
- Chilli, chopped
- Aubergine, ½
- Kale, 2 large handfuls

Even a devilishly tasty fish supper can keep you lean and energised if you make a few healthy tweaks. You can start by ditching the calorie-dense batter for a coating of lemon, lime and chilli, which together provide your daily requirement of flu-fighting vitamin C. Then switch from frying to steaming to cut the fat content down to size. Thanks to these twists, you can still treat yourself to the satisfying crunch of sweet potato fries cooked in coconut oil, and stocking up on slow-release carbs will power you through your next fat-burning HIIT session. Mixing your peas with aubergines and kale cranks up the fibre content by 16% to satisfy your stomach and help banish cravings. And with just 17g of fat and 58g of hunger-busting protein, this Friday night feast will takeaway guilt.

SLIM
DOWN

THE TASTEMAKER

Name: Joe Wicks

Job: PT and author

Wicks is the author of *Lean In 15* and the brains behind the 'Shift, Shape & Sustain' plan. With his recipe tweaks you can work out and stay satiated.

METHOD SERVES TWO



1/ FAT IS FOILED

For a slimmer fish'n'chip dinner, lay the cod fillets on individual pieces of foil and coat them in lemon, lime and fresh red chilli. Wrap them in foil and bake in the oven at 200°C for 10-15min.



2/ MAKE MICROCHIPS

Cut your sweet potato wedges, then blast them in a microwave for 5min before throwing them into a pan with a small amount of coconut oil for 5min, until they turn crispy. Cover to keep warm.



3/ VEG ALLEGIANCE

Slice the aubergines into small chunks and lightly bake them in a tray with a dash of coconut oil for 15min or until golden brown. Meanwhile, boil the kale for 2min – no longer – then drain it.



4/ FIBRE SIDE WIN

Bring a pan of water to the boil and cook the peas for 3min. Drain the water and mix the peas with the aubergine and kale for a hit of fibre. Dish it up with the fish and spuds. Sea the change.

FRENCH CONNECTION sofas exclusively at **dfs**



Zinc 4 seater sofa

£899

£18.72 a month
for 4 years interest free



Handcrafted
in Britain

10

Free 10 year
guarantee

Beautifully designed and expertly created for relaxed modern living, this unique collection of sofas perfectly capture French Connection's distinctively understated style. Handmade from only the best materials and most beautiful fabrics, you can choose from a range of effortlessly stylish designs at selected DFS stores or online at dfs.co.uk/frenchconnection

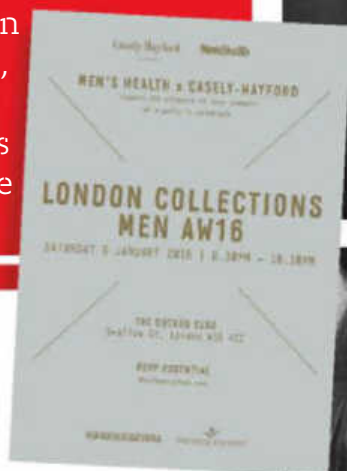
0%
APR
REPRESENTATIVE

Bolsters and cushions included. No deposit with 4 years interest free credit. 48 equal monthly payments of £18.72. Or pay nothing until January 2017 then 36 equal monthly payments of £24.97. 0% APR. Total £899. Credit subject to acceptance. Credit is provided by external finance companies as determined by DFS. 4 years interest free credit from date of delivery. Delivery charges apply - see in-store or online for details. 10 year guarantee applies to frames and frame springs on all sofas, chairs and footstools. DFS is a division of DFS Trading Ltd. Registered in England and Wales No. 01735950. Redhouse Interchange, Doncaster DN6 7NA.

DRESSED TO SWILL

Where there's a fashion week there are parties, and at January's LC:M we made sure ours was the only one worth the ensuing hangover

In honour of London Collections: Men – the capital's biannual fashion week – *Men's Health* joined forces with design duo Joe and Charlie Casely-Hayford for a roadblock party. Held at the Cuckoo Club, the great and the good frolicked until the early hours, ably supported by Premier Estates prosecco, Estrella Galicia beer and New Amsterdam vodka, with music from Man Like Me. We're sorry you couldn't be there, but for a taste of the action try mixing your own New Amsterdam Mule (*below*).



CHARLIE CASELY-HAYFORD (LEFT); JACE MOODY AND JON HOSKING (BELOW)



OUR WHIP WAS PROVIDED BY MERCEDES-BENZ



MARIA AND JOE CASELY-HAYFORD WITH FRIENDS



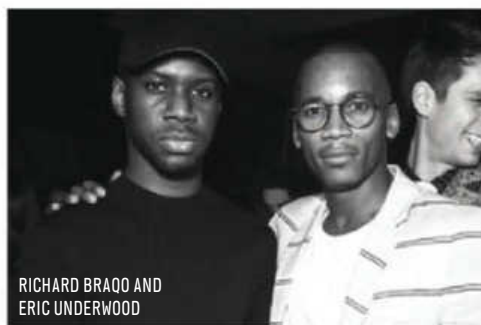
DANIEL STURRIDGE



HUGO TAYLOR



OLIVER PROUDLOCK AND EMMA LOUISE CONNOLLY



RICHARD BRAÇO AND ERIC UNDERWOOD



NEW AMSTERDAM MOSCOW MULE

INGREDIENTS

- New Amsterdam vodka, 50ml
- Bundaberg ginger beer, 75ml
- Fresh lime juice, 12ml
- Sprig of mint

METHOD

Add ice to a highball glass and pour in vodka, followed by the ginger beer. Squeeze in the fresh lime and finish with a sprig of mint. Rub the leaves to release the scent.

Casely Hayford
LONDON

the cuckoo club

Estrella Galicia

PREMIER ESTATES

NEW AMSTERDAM VODKA



FOR MANGANIELLO,
LOOKING BACK HAS
HELPED HIM TO
MOVE FORWARD

COVER MODEL MUSCLE
JOE MANGANIELLO

NO AVERAGE JOE

FROM ALCOHOLISM AND DEPRESSION **TO** MAKING A MILLION WOMEN
FEEL WELCOME, JOE MANGANIELLO'S **LIFE** HAS BEEN RIVETING AND,
AT TIMES, IMPLAUSIBLE. FOR BENEATH THE GYM-HONED EXTERIOR
IS A MAN WHO'S MADE GETTING HIS **WAY** A VERY SERIOUS BUSINESS

WORDS BY JAMIE MILLAR PHOTOGRAPHY BY PATRIK GIARDINO



JOE GOT HIS FOOT
IN THE DOOR AND
LEFT IT THERE

in the world of Tarot reading, the Knight of Cups heralds exciting developments, especially of the romantic kind. It can signify opportunities. It can also represent someone in need of stimulation, with an artistic sensibility.

Knight of Cups happens to be the name of a film released this month by Terrence Malick, the highly revered and legendarily inscrutable director. Most actors would give their right kidney to appear in one of the eight films he's directed in a career spanning more than 40 years; Joe Manganiello might just be in his latest opus through serendipity.

"Terrence used to watch *True Blood*," explains the 39-year-old actor, hitherto known principally for playing werewolf Alcide Herveaux in the occult HBO series. (To be blunt, it's not the kind of thing you'd expect an auteur like Malick to watch on Catch Up.) "I got invited to meet him on the set and he threw me into a scene.

I had no idea what I was doing, who the characters were, nothing. He just said, 'Get in there.' From what I understand, I wound up in the movie."

Likewise, sometimes in life, the stars align. In June 2014, Manganiello was voted Hottest Bachelor by *People* magazine, thanks no doubt to his minimally clothed roles as both Alcide and the unambiguously named male stripper Big Dick Richie in *Magic Mike* and its *XXL* sequel. During the accompanying interview he revealed that his celebrity crush was the

pneumatic *Modern Family* actress Sofia Vergara. In November 2015, Manganiello and Vergara got married at a ceremony in Palm Beach, Florida.

Reports that Manganiello enacted a routine from *Magic Mike XXL* at the reception are not entirely accurate – "All these people said all this crap," he spits – but there exists incriminating Instagram footage of Manganiello serenading his wife to the tune of *Sweet Child O' Mine* by Guns N' Roses. There is also plenty of photographic evidence of the groom looking more suave than a 6ft 5in man-mountain has any right to, courtesy of his John Varvatos dinner suit.

IN HIS BLOOD

Divination, fortune, cosmic coincidence – speaking to Manganiello you can't help but feel that such frivolities hold little truck. He's more of a seize-the-initiative (by the balls, if necessary) kind of character, home to a restless determination and a quiet intelligence that belie the beefcake stereotype.

"I was fortunate because for the last few years of *True Blood*, I really didn't have much to do," says Manganiello, who, as a young Roman Catholic schoolboy and horror-film devotee, used to pray each day for God to make him a werewolf. "I'd go to a table read and shoot one scene per episode. In a month, I'd maybe have to go into work twice." Crucially, that gap provided him with the opportunity to diversify. "For the rest of the time, I wrote a book [*Evolution*, about building your body and breaking down mental barriers]. I financed, produced and directed a documentary [*La Bare*, about the stranger-than-fiction real-life world of male strippers]. I even wrote a screenplay with my brother for a property that we optioned [Hollywood speak for 'put first filmmaking dibs on']."

QUIET INTELLIGENCE AND A RESTLESS DETERMINATION BELIE HIS BEEFCAKE STEREOTYPE

Producing as well as acting also gave him the opportunity to find work that otherwise might not have been forthcoming. In the soon-to-be-released redemptive tale *Stano*, for instance, he assumes the role of a baseball player trying to put his life back on track when his promising career is derailed by a spell in prison after a fight results in a death.

But to describe *Stano* as a departure for Manganiello would be inaccurate, given that he's been writing, directing and generally disaffirming his jock status since high school.

A triple-threat football, basketball and volleyball captain, who made the junior Olympic team for the latter when he was aged 16, Manganiello was on course to play basketball at college, study criminal law and join the FBI. But then he discovered the school's TV studio and started making home movies. He says he only really took acting classes to become a better filmmaker.

WORK/PLAY HARD

Manganiello wound up with a bachelor's degree in classical theatre from the prestigious Carnegie Mellon University – not, perhaps, the most obvious training ground for a future werewolf or male stripper, but Manganiello is nothing if

EVOLUTION OF JOE

A cinematic account of Manganiello's physical progression

Flash in the pan?

Playing Flash Thompson in *Spider-Man* didn't buy him critical acclaim, but he filled the mould of a jockish high-school bully.

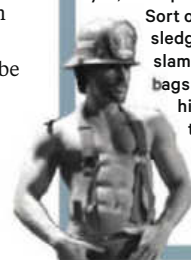
Barewolf

Many shirtless scenes as *True Blood*'s Alcide meant bulking up, fast. Manganiello opted for classic weight lifting.

Magic muscle

Compound movements marked Manganiello's progression from werewolf to stripper – yes, it is a progression.

Sort of. Tire flips, sledgehammer slams and punch bags prepped his body for the dance routines.





AT 6FT 5IN., PACKING
ON XXL MUSCLE CAN
PROVE A TALL ORDER





not pragmatic. He might be well-versed in Shakespeare, Chekhov and Ibsen, but he has enough self-awareness to admit that, "I did all of that and no one saw any of it."

He doesn't do humourless thesp, either. "Magic Mike XXL was certainly the most fun I've ever had working," says Manganiello who was reunited for filming with co-stars Channing Tatum, former WWE champion Kevin Nash and his old college buddy Matt Bomer. "And those guys are my friends now; my *real* friends that I call to talk to and hang out with. It was a blast."

But it was seriously hard graft, too, he's quick to clarify: "I know it's a comedy, but we had to *work*! We had to rehearse all these dance routines, we had to drag our asses to the gym while working 14-hour days, we had to eat like bodybuilders – which is like a part-time job in itself." And stripping, it transpires, isn't easy: towards the end of filming Manganiello tore his biceps during a particularly acrobatic sex swing sequence.

MUSCLE BOUND

Hardest of all, you might imagine, was summoning the courage and confidence to put your naked self on show in front of cast, crew, squawking hen parties and, ultimately, millions of cinema-goers. Didn't it make him anxious? "Yeah, but that's where the gym comes in," he says nonchalantly. "If you're dialled in workout-wise, by the time you get up there, you're not even thinking about it. The reason there's an air of confidence is because you put in the work. *The Full Monty* is a different movie. That's why we



put in those hours."

He may be approaching 40 but Manganiello is still clocking in the hours – and with better results than ever. "It's turned up a notch," he says assuredly, which, as anyone who has seen his previous *Men's Health* shoots will attest, scarcely seems possible. "I'm in my prime for muscle-building right now." That's thanks in part to his trainer Ron Mathews, who runs LA's Reebok CrossFit Lab and makes a point of leading by example. "He just placed third in the world in CrossFit for the over-45 category," says Manganiello. "He's 46 years old and he's bigger and stronger

"WE'RE CHANGING WHAT IT MEANS TO BE A MAN IN YOUR FORTIES. IT'S NOT OVER"

than he's ever been in his entire life. You hear people say, 'I'm not 20 anymore...' The other day at the gym a guy tried to say to me, 'Yeah, well, I'm 33 so it's not going to happen

for me now.' Thirty-three? That's the perfect age to really get serious. I think that we're redefining what it means to be in your thirties and forties as a man. It's not over. There's so much to be done. That *can* be done."

Manganiello continues to test his limits in and out of the gym. "I went

FORMER BACHELOR
MANGANIELLO IS A
LONE WOLF NO MORE



to see this guy who used to work for Nasa and now works with special forces soldiers and pro athletes," he says. "He took my blood and ran about 200 different tests for food allergies and nutritional deficiencies." It turned out that Manganiello had weak tolerances of both eggs and milk – namely, two trusty muscle-building staples: "It's, like, all I had been eating." But that wasn't the shrillest alarm bell sounded by his results. "I also had a super-high arsenic level from

eating non-organic chicken," he claims. "They're fed it to keep their skins pink in the packaging." Arsenic's effect on humans is distinctly less rosy: "It destroys testosterone production in men; it can even cause cancer and birth defects if you're trying to have children. And my numbers were through the roof."

Fortunately, he was able to clean his nutritional slate by laying off the eggs

and milk and carefully vetting poultry choices. After a few months of careful monitoring, the intolerances dissipated. But, ever the student, Manganiello learnt

new things about himself in the process. "I found that I'm a carnivore. My body does best on red meat," he says, spoken like a true lycanthrope. "That kind of led to a renaissance over the last year where all of my lifts went way up and I started breaking personal records." He also broke with conventional weight-training protocol: "I've been moving towards more Olympic lifting, CrossFit and EMOMs, where you do an exercise Every Minute On the Minute," he says. "They're like a little game I get to play every time I work out. They're a lot of fun. But they'll kick your ass." His only concession to time's passing is increased recovery periods. "I have to take care of myself a little more than I used to," he admits. "When you're younger, you don't need to stretch as much."

CLEANING UP

Older, wiser and evidently happier, Manganiello is looking to close his fourth decade both physically and mentally stronger. "My twenties were kind of like a buffet," he reflects. "I was throwing different things at the wall to see what stuck. The past 10 years has

been a lot about cleaning up the mess."

That mess included a period of alcoholism that, among other things, put him at a severe competitive disadvantage in the shark tank of Hollywood auditions. This then led to spells of depression and even homelessness as he struggled to make ends meet working in construction. "I think addicts are born wired a certain way," he says. "But alcohol was not the issue for me – the issues were all internal. The drink just helped me to quell all the ill feelings I could remember having since I was a child." Since then, he's swapped spirits for spirituality.

CONTINUED ON P59

MORE-THAN FARE

In his book, *Evolution*, Joe details his skinny-to-shredded dietary rules



Follow his tracks

And keep a food diary. It creates accountability, as well as awareness – once you get honest, you can learn to self-regulate. Just don't lie. Who are you trying to swindle?



Leave the herd

Grazing frequently teaches your body not to store extra fat. Pack a large lunchbox and eat to the point of satisfaction – then shut it down. When you're hungry again, eat again.



Eat more protein

Yes, even more. As well as building muscle, eating more protein than you can actually process will stop you filling up on sugar. It sounds odd, but you've seen the man, right?



Fatten up

Healthy fats aid testosterone production, especially when combined with strength training. Think grass-fed meat, raw nuts and avocado. Steak fried in butter? It's your green light to gains.

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HARDER WISER FASTER OLDER

TO REACH 'PEAK ATHLETE' A YEAR BEFORE HE TURNS 40, MANGANIELLO AND PT RON MATHEWS LEANED ON THE MODERN PILLARS OF STRENGTH, POWER AND ENDURANCE – AND SMASHED THEM

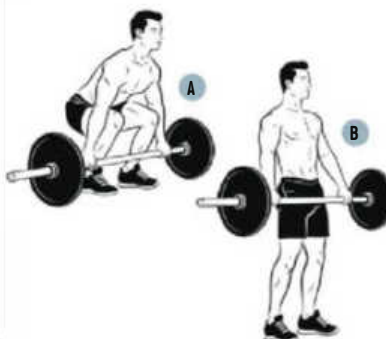
STRENGTH

Not having to be shirtless at short notice allowed Manganiello to focus on loftier fitness goals, such as upping his main lifts in 8-week blocks, says Mathews.

DEADLIFT

10, 8, 6, 5, 4, 3, 2, 2 REPS

Slowly increase the weight. With the bar against your shins, feet shoulder-width, drive through your heels. Keep your back flat. Rest for 2min between sets.



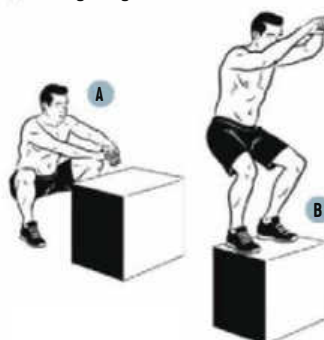
POWER

Performing exercises that emphasise explosiveness also has the added benefit of blowing up muscle and detonating fat.

MAX BOX JUMP FROM SEATED

8-12 REPS

Sit on a bench with knees bent at 90 degrees. As you stand, explode up without dipping your knees. Attempt increasing heights; rest as needed.



OLD PRO, NEW TRICKS

Reap the benefits of Mathews' gym wisdom. He ranks in the top three over-45s for CrossFit... in the world

Sporting gesture

"In bodybuilding, you isolate body parts to achieve an aesthetic. But just because you work your biceps, triceps, then your shoulders, that doesn't mean your arm works well as a whole. CrossFit works your body as a unit."

Form and function

"The physique becomes the by-product, but you end up building muscle and burning fat. I'm bigger and leaner than ever and I maintain it without working out for hours or eating chicken and broccoli as I'm torching so many calories."

Age limitations

"Male muscle maturity doesn't occur until the late thirties – bodybuilders often don't look as good in their twenties. Strength and power increase into your thirties, even forties. I've been working out all my life and I'm still improving."

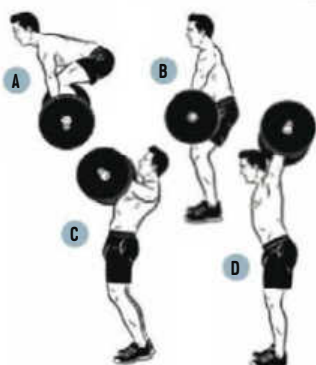
ENDURANCE

EMOMs (every minute on the minute) build stamina without sacrificing rest and power. Perform this up to a total of 18 minutes (6 'circuits').

MIN 1: POWER SNATCH

5 REPS

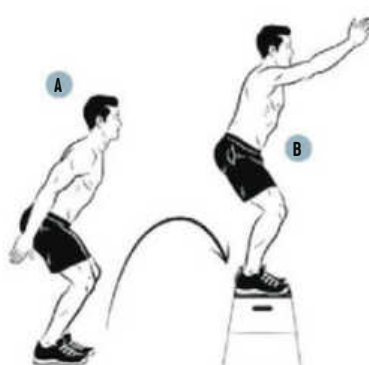
Grab the bar with a wide, overhand grip. Dynamically extend your hips while shrugging the bar up and dipping underneath to catch it. Drop and reset. Rest for the remainder of the minute.



MIN 2: BOX JUMP

10 REPS

Feet shoulder-width, squat slightly and jump up, swinging your arms overhead. Land softly, then step down quickly and reset. Try and use at least a 24in box. Rest for the remainder of the minute.



MIN 3: AIRDYNE BIKE

15 KCAL

You know that bike thing with the handles like a cross-trainer and the front wheel like a fan? Hop on, then simultaneously pedal and pump until you've burnt 15kcal. Rest and start again.





Go Further

UN



LEARN

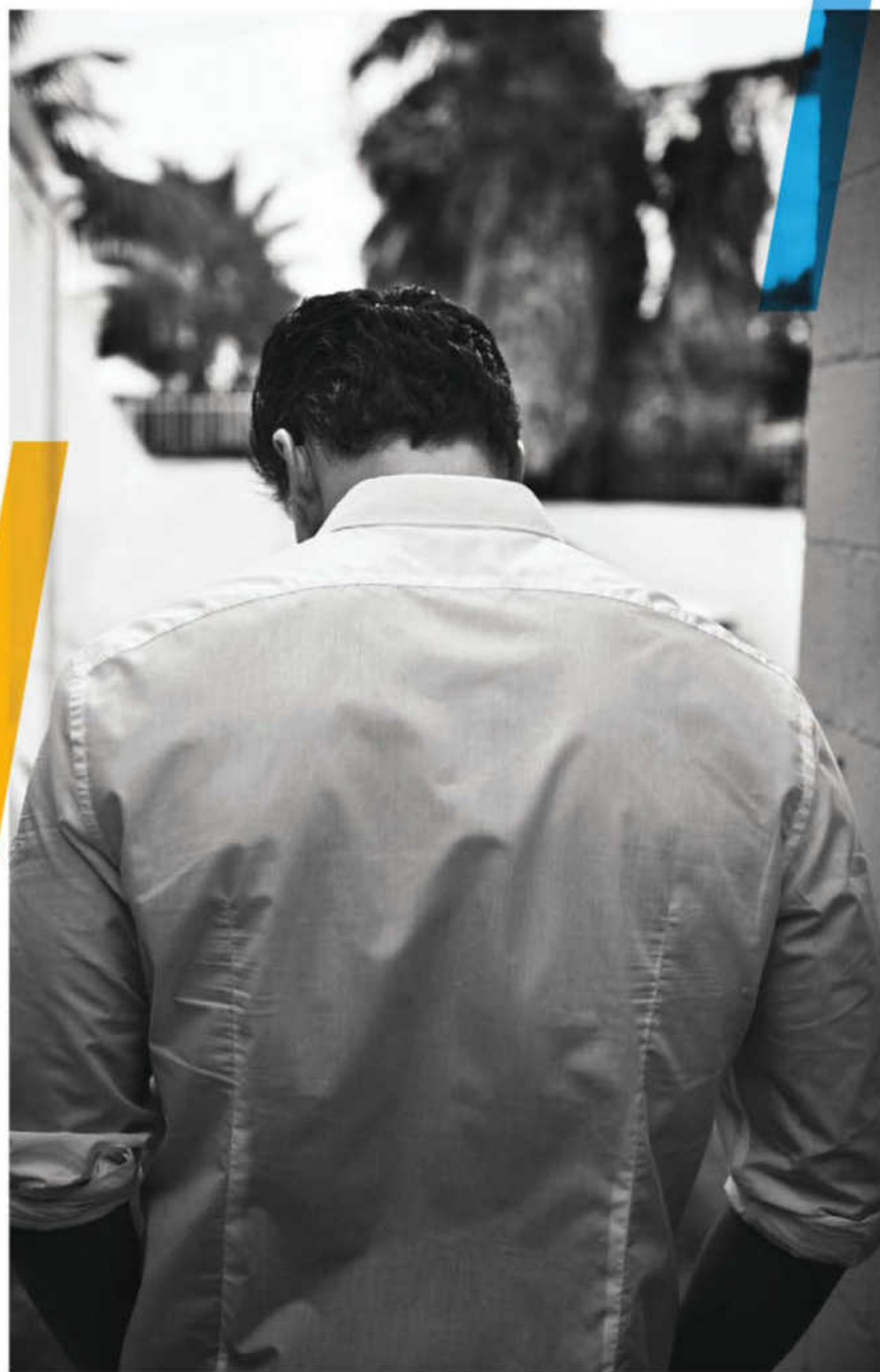
COVER MODEL MUSCLE JOE MANGANIELLO

CROSSFITTER MATHEWS
HAS HELPED JOE TO
BROADEN HIS ABILITIES

celebrities omming together in La La Land, but Manganiello is typically grounded. "People are always like, 'I need to find myself,'" he moans. "You are who you *want* to be. In my twenties, I made a lot of choices that were the opposite of who I wanted to be; in my thirties, I grew up. I became the man that I had dreamed of being, and the result was I met the woman of my dreams."

Speaking to Manganiello you can't help but be awed by his palpable sense of confidence, though he claims it wasn't always this way. Self-assurance, he says, is something of a paradox: it's hard to get it without having it in the first place. "It's a process of chipping away over the years," he says. "And it's the same when training. The first day I walked into a gym, I didn't feel confident at all. Then the second day, I didn't feel confident. For probably the first four or five years, I didn't feel confident. But you just keep on going and then some day it happens." It's the one-step-at-a-time mentality of the reformed addict who, like Manganiello, can instantly tell you the precise number of days for which they've been clean, even some 13 years later.

That Manganiello has managed to reforge such steely resolve from uncertainty is all the more impressive given that he's done it in a crucible like the audition circuit, where the process of being repeatedly laid bare, the constant rejection, is more exposing than being naked in a room full of baying women. "I'm still told 'no way' more than I'm told yes," he says. "And it's always going to be a challenge to handle that. But I just keep stepping up to the plate and taking swings. I'm going to strike out way more than I hit. But I'll keep stepping up." 🍷



"It nourishes me in a way that, in my twenties, only alcohol could," he says. He attributes this newfound emotional equilibrium partly to the nature of his work and partly through meditation. "I've always been into it," he says. "At drama school we did meditation and yoga every morning. I learnt transcendental meditation maybe 12 years ago. Then just two years ago I met David Lynch and he invited me to come and learn at his meditation institute." It would be easy to poke fun at the clichéd image of rich

**"I'M STILL TOLD
'NO WAY' MORE
THAN I'M TOLD YES.
THAT'LL ALWAYS BE
HARD TO HANDLE"**





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TIME

MAXIMISING LIFE'S GREATEST LUXURY

20

MINUTES TO BOOST
STAMINA AND USE
BODY FAT FOR FUEL

TAP A NEW FUEL
SOURCE – IT'S YOUR
ROOT TO A SIX-PACK

Many gym-goers swear by a pre-workout caffeine fix to fuel hard sessions. But cardio-heads, especially those looking to cull a few kilos, would do better to brew up a cup of tea – ginseng tea, that is.

Ginseng root doesn't contain caffeine, but then the boost it gives you is not of the jump-leads kind. Rather, scientists at Konkuk University in South Korea have found that compounds in ginseng amp up fat oxidation during the first 20 minutes of exercise, so your body scorches through fat cells, not carbs. While such a hallowed state would normally only be achieved after a sustained carb fast, this simple beverage swap can help you lose more weight every time you lace up.

The benefits don't burn out there, either. Tapping into your fat stores means more glycogen for your muscles to use later in your run, helping you shave seconds, or simply last longer. So ditch the Lavazza for now – it's time to get on board the Orient Express.

07

**MINUTES TO STAVE
OFF TYPE 2 WITH A
BIGGER BREAKFAST**

For the modern man used to juggling career, family and three social media feeds, sleep can be as precious a commodity as gold. And while history is full of maniacs who claimed to thrive on as little as four hours shut-eye, science has recently revealed just how damaging a bad night's kip can be. Research presented at the Obesity Society Annual Meeting found that one poor night's sleep is enough to impair insulin sensitivity – your shortcut to metabolic syndrome and diabetes – to the same degree as six months on a high sat-fat diet.


Now, even if that doesn't strike fear into your heart because you're a strict lights-out-at-10 guy, this month we'll all be in the same boat: at 1am on 27 March, the clocks go forward. Thankfully, we at *MH* have the ability to turn them back again. You just need to make time for breakfast. A study in the *Journal of Diabetes Science and Technology* found that adding cinnamon to your morning porridge regulates blood sugar and increases insulin sensitivity, offsetting a bad night's rest.

So, give *MotD* a miss and get an early night. It's repeated on Sunday, you know.



CHECK IN EARLY FOR
A HEALTHIER BED AND
BREAKFAST DEAL

30

**MINUTES TO WEED
OUT STRESS AND
HARVEST ENERGY**

GREEN-FINGERED
HOBBIES GET THE
SCIENTIFIC THUMBS UP

This year, the Spring Equinox – that’s the first day of spring to you and us – officially falls on 20 March. One can’t help but feel there’s a little astronomical license at play here: everyone knows we won’t be seeing any meaningful rays of sunshine for a while, daffodils or not. This is a downer in more ways than one, since seasonally affected stress can shorten your lifespan by up to three years.

The answer is to get out in the garden and be useful. It may not be picnic weather, but it’s a busy time of year for budding Monty Dons, from planting to pruning, tilling to raking. And if you dig out your secateurs, it won’t just be your herbaceous borders that start blooming. Work carried out by the University of Westminster found one half-hour session in an allotment every week is enough to significantly reduce stress levels, depression and anger, increasing energy and lowering your BMI, too.

Researchers concluded that men with green fingers are less likely to feel blue, or turn the air the same colour, for that matter. When it comes to uprooting stress, you truly reap what you sow.

Sanex
MEN

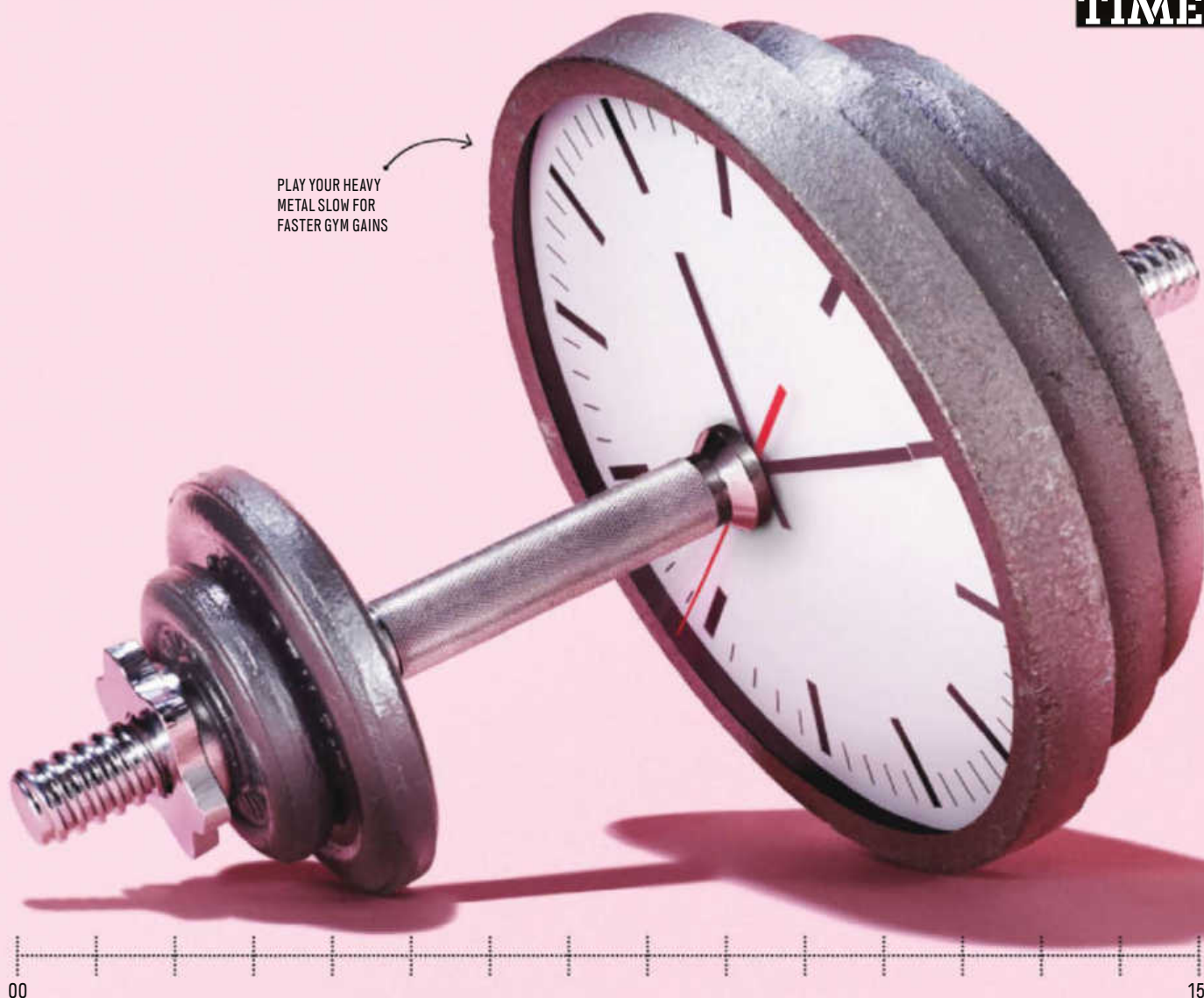
MEN'S SKIN IS DIFFERENT

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SHOULD BE TOO

NEW



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15

MINUTES TO FLICK YOUR HGH SWITCH FOR MORE MUSCLE

Anyone on nodding terms with the weights room will have heard of tempo training; specifically the idea that slowing the speed at which you lower your dumbbells puts the muscles under more tension and promotes strength. As a rule, big lifters aren't so keen: a lower tempo means lighter weights and fewer reps, neither of which the meatier of head associate with packing on size. But not for the first time, they're wrong.

New research published in *Biology of Sport* found that taking a limb-shuddering three seconds to perform the eccentric (read: lowering) part of a resistance move results in a hulking 17-fold

spike in human growth hormone secretion just 15 minutes after your workout. This has appeal for everyone: HGH increases protein synthesis and forces your body to burn its fat stores for fuel, meaning not only bigger muscles, but less blubber hiding them from view, too.

In other words, altering the speed at which you lift doesn't simply test your endurance, it effectively fires a gun at your endocrine system, changing the game completely. So the next time you head to the gym, swallow your pride, opt for a lighter weight, and you'll flick a hormonal switch so powerful you'll want to hit slow-mo every time.

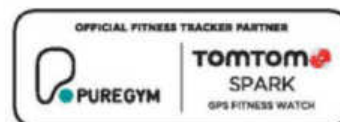
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DISH UP YOUR CARBS AT
NIGHTFALL TO DINE OUT
AT FAT'S EXPENSE



12

**HOURS TO CUT KG
BY LOADING UP ON
CARBS AT DINNER**

Ever since Dr Atkins gave half the nation's slimmers eggs and bacon for breakfast each morning (along with a serving of halitosis) carbohydrates have been unable to shake their tarnished reputation. Most, if not all, weightloss diets since then have shirked carbs to the extent that it has even become a mantra for tanorexic reality TV stars from Essex before they set off on their hols ("No carbs before Marbs").

Well, prepare to drop your bread basket: the toxic starch is back on the menu, say scientists, and specifically – exclusively – for supper. Researchers at the Hebrew University of Jerusalem

have discovered that you'll lose weight more quickly if you confine your carb intake to your evening meal. Plus, because you're simply rescheduling your diet rather than cutting from it, the study found that satiety is improved and the risk of crashing and burning is lessened. Waiting for the sun to go down before you peel your spuds increases your levels of the good fat hormone adiponectin, which also helps muscles absorb more nutrients from the bloodstream.

For those of you who find the idea of forgoing a breakfast of hot, buttered toast too much to bear (and if so, do you even read this magazine, bro?), relax. In 12 hours, you can chow down with impunity.

MH EVENT

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05

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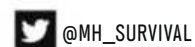
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FATE OF A NATION

01 Dr Veaceslav Manolachi, merited coach of the Republic of Moldova, has helped to produce some of the world's finest wrestlers

02 A symbol of Moldovan identity, Trânta is a source of much national pride. Today's tournament is held in front of a full-capacity crowd

THE GRAND SLAM

Politically, economically, Moldova is a mess. And yet, in wrestling, this tiny nation punches well above its weight.

MH gets to grips with the ancient sport of Trânta

WORDS BY WILL NICOLL PHOTOGRAPHY BY GREG FUNNELL



IT'S 8.50AM ON A FREEZING WINTER'S MORNING IN CHIȘINĂU.

In a non-descript Soviet-era building in the Moldovan capital, 60 local wrestlers are completing their warm up rituals. As beads of condensation form on the gym's dirty windows and moisture rolls down walls held together by crumbling concrete and decades of sweat, three judges and six stern officiators don traditionally embroidered shirts and conical woollen shepherds' hats. The national anthem crackles from the antiquated Tannoy as the wrestlers unpeel their shirts.

Solemnly, Dr Serghei Busuioc – former Master of Sport of the USSR; now chairman of the Moldovan Wrestling Federation – leads two challengers to the centre of the room. In a swift, mechanised motion, the men lock heads. The gym falls silent.

The capacity crowd of 700 spectators (Wembley Arena this is not) are about to witness the first bout of The National Championship of Moldovan Trânta – the country's pared-back, lightning fast national sport, which is propelling Moldova to the peak of international wrestling glory. After battling a string of opponents, the overall winner will be presented with a live ram to symbolise his virility, and be given the opportunity to represent Moldova at an international level. In a country still living under the

03

oppressive shadow of its communist past, the stakes could not be any higher.

NATIONAL TAKEDOWN

In 1990, this geographically and politically tiny country, sandwiched between Romania and Ukraine, was hit hard by the Soviet Union's collapse. Infantry soldiers from the former USSR's 14th Army started a brief civil war when they took control over a sliver of land in Moldova's east, stealing both a massive nuclear weapons cache and most of the new state's heavy industry. Ensuing Russian sanctions choked Moldova's prosperous vineyards, plunging locals' wages to some of the lowest in the world.

Ordinary people migrated en masse while oligarchs with convertible currency bought up the country. They now control the government. One businessman and newly elected mayor is currently under house arrest for (allegedly) pinching one billion US dollars from state coffers in a heist dubbed "the bank robbery of the century". He claims his co-conspirator



TALENT SPOTTING

03 Dr Serghei Busuioc – a USSR master of sport – wears the judges' traditional attire

04 Wrestlers who show promise in local tournaments go to the State University. From here, athletes regularly progress to a global stage

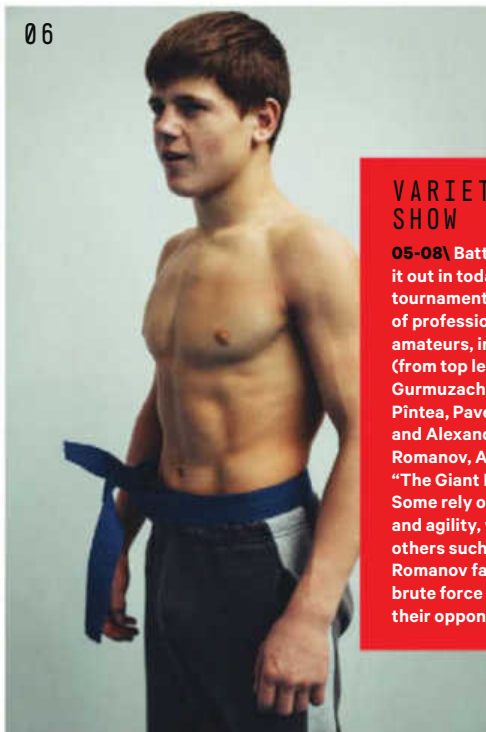
04



05



06



VARIETY SHOW

05-08 Battling it out in today's tournament are a mix of professionals and amateurs, including (from top left) Ion Gurmuzachi, Sorin Pinte, Pavel Untila, and Alexandr Romanov, AKA "The Giant Man". Some rely on speed and agility, while others such as Romanov fall back on brute force to crush their opponents

was the presently imprisoned ex-Prime Minister Vlad Filat. Moldova's recent history is a bleak story of corruption.

Yet this rational fear for what the future will bring has inspired Moldovans to look to their sporting heritage for a national identity. They found one in Trânta, a traditional, millennia-old offshoot of Greco-Roman wrestling guided by a heady cocktail of strength, honour and mythology.

The format is simple. Men fight for two three-minute rounds. As well as forcing rivals out of the field of play, winners can be decided using a points system – with three awarded for pinning your challenger face down and four for holding him face-to-face, with his shoulders fixed to the floor. If you lift your opponent above your own head for three seconds and demonstrate to the referee that you are able to slam him to the ground, you will be awarded 12 points for clemency and win by default. The alternative (more traditional) way to end a bout is to uniformly slam your opponent about until he is unable to continue.

Fights blend Greco-Roman grappling with acrobatic throws thought to originate in East African martial arts. Meanwhile, the structure is rooted in Christian symbolism. "In the villages, men used to fight for three days, three hours, three minutes and three seconds," explains Dr Busuioc. "If after this time they could still fight, a points system decided the winner. Today, fights are shorter but we still make use of this scoring system. The victor is the first to reach 12 points – the number of Christ's disciples – divisible by the three members of the Holy Trinity, symbolised by the three judges."

A handful of the men at today's tournament are gym-honed pros, but the majority are amateurs from Moldova's capital and surrounding towns. Winners will be fast-tracked onto wrestling programmes at The State University of Physical Education and Sport – a feeder for Moldova's national sports teams that also happens to run units in small arms handling and train the secret

07



08



GROUND AND POUND

09-10 The no-frills environs in which Trânta is practised reflect Moldova's tight Olympic budget. A far cry from the state-of-the-art facilities enjoyed by wealthier nations, training focuses on hard-hitting combos of lifting and grappling

09



10



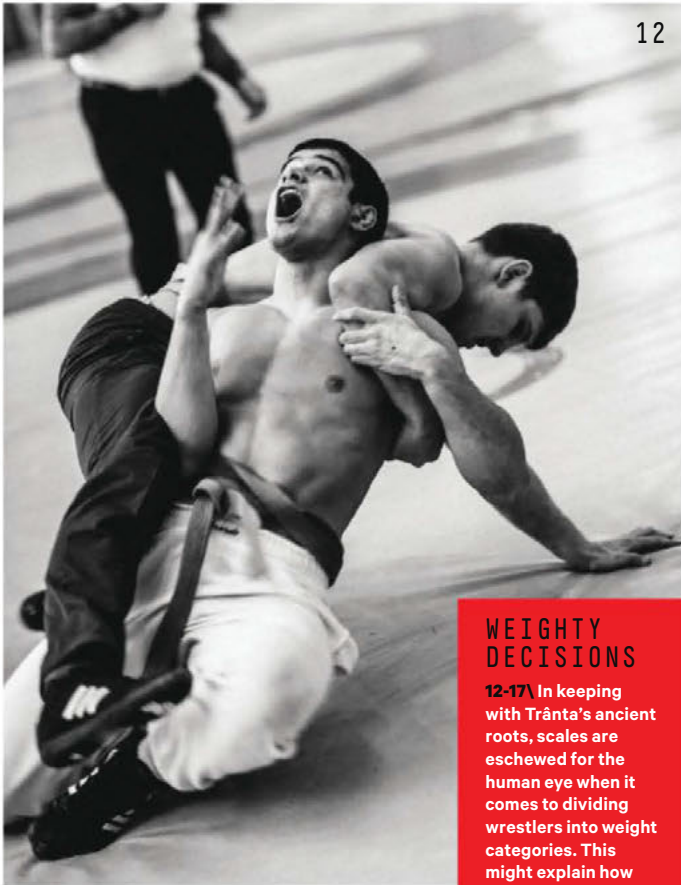
MINISTERUL TINERETULUI
ȘI SPORTULUI
AL REPUBLICII MOLDOVA



QUICKFIRE ROUNDS

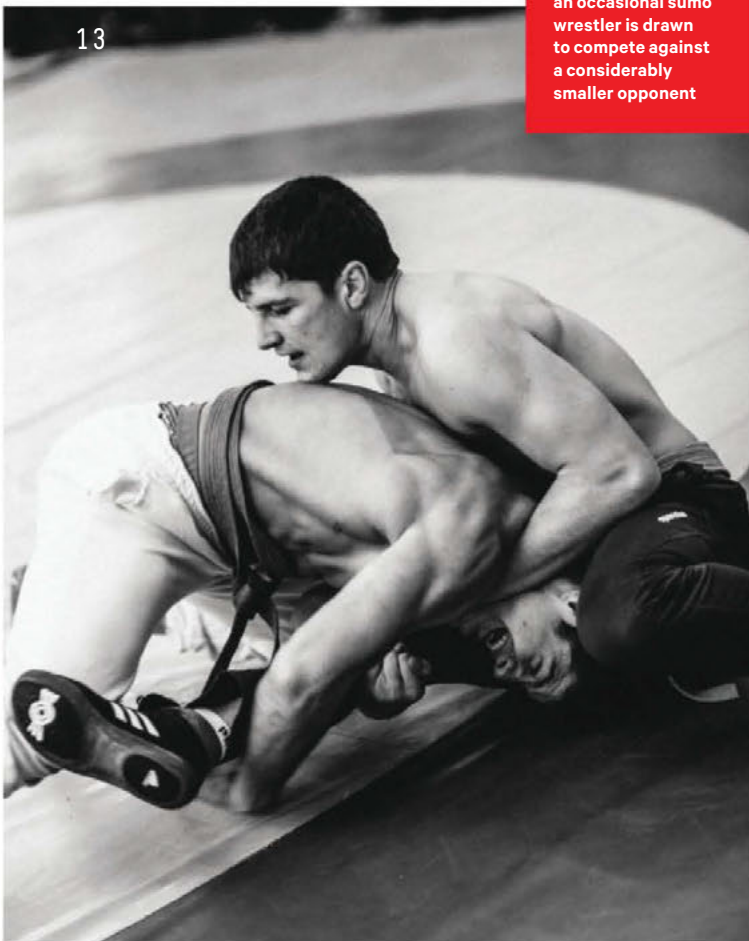
11 In contrast to the past, when men would fight for days at a time, today a Trânta bout lasts for two three-minute rounds. Winners are decided via a points system based on your ability to pin down an opponent – or force him out of the match area

“Rich Moldovans recruit ‘muscle’ directly from gyms, often hiring entire sports squads for private protection”



WEIGHTY DECISIONS

12-17 In keeping with Trânta's ancient roots, scales are eschewed for the human eye when it comes to dividing wrestlers into weight categories. This might explain how an occasional sumo wrestler is drawn to compete against a considerably smaller opponent

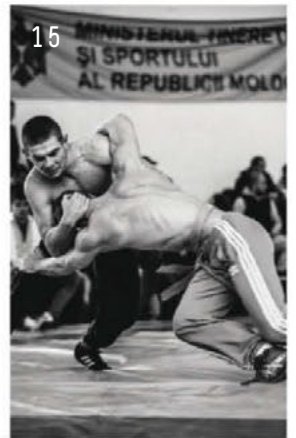


police. The financial reward for victory comes in the form of a fistful of Euros, the aforementioned livestock and the prospect of being spotted by a contractor offering lucrative work in private security. The rich recruit "muscle" directly from gyms, often hiring entire sports squads for private protection. Induction into this circle brings money and power. It's a well-trodden path: former champion Anatoli Moldovan is now President Nicolae Timofti's personal bodyguard. He recently decked two unfortunates at a tournament in Poland and finds himself unable to attend this morning's fights due to an attempted coup d'etat.

BROTHERS IN ARMS

The tournament begins with three fights taking place in three parallel circles. Weight categories are measured by eye rather than scales. The overall quality is high, yet one combatant in particular captures the judges' attention. Alexandr Romanov – who weighs in excess of 90kg and occasionally moonlights as a Sumo wrestler – is drawn against Nicolai Tataru, a svelte and considerably smaller gentleman adept at fluid trips.

As soon as the two men lock heads, it's clear that Romanov has studied the other wrestler's style. Trapping Tataru in a ferocious, cement-strong bear hug, he immediately lifts him onto his shoulder and looks ready to flip him like a sack of potatoes. The method, known as "the shepherd's lift", is a Trânta mainstay. It is so well regarded by Moldovans that it became the subject of three national postage stamps. Holding Tataru aloft, Romanov is pronounced the winner, without the need to slam Tataru to the floor some 7ft below. Dr Busuioc nods his approval. "When you've got the other man above your head, it shows huge mercy not to slam him down," he says. "Especially if he has torn into you for six minutes. You must understand that Moldovans who fight Trânta want honour, not blood."





18

Romanov faces a succession of contenders who attempt to outwit him with speed, but “The Giant Man” (as he’s dubbed by local commentators) relies on his strength to halt all in their tracks. Still, his most highly regarded skill as a fighter is not his sheer power, but his tendency to show mercy. Romanov looks set to win the tournament effortlessly. Until, that is, he’s drawn to fight against his own brother, Andrei, in the quarterfinal.

The equally colossal brothers share fraternal arm slaps before entering the arena. They lock heads. Andrei’s upper arm engages. With triceps and traps flaring, he steers his older brother toward the centre of the ring. A grapple ensues. After four minutes of deadlock, Alexandr wrenches Andrei to the edge of the fight zone. Andrei has no choice but to step out of the outer circle, conceding defeat. “I’m glad there was no slamming,” says Dr Busuioc. “For men that size, the consequences are frightening.” The Romanovs hug. Later, Alexandr will go on to claim overall victory.

POWER AND THE GLORY

Moldova’s population is a shade over 3.5 million, yet its wrestlers are challenging giants of the sport like Russia, Romania and the US – countries that pump millions of dollars into their Olympic



19

programmes. Moldova’s budget, meanwhile, is in the paltry thousands. Vast areas of the complex hosting today’s contest remain shrouded in darkness, due to the prohibitive cost of turning on the lights. Many of Moldova’s best wrestlers are forced to travel abroad simply to train, earn a living and fight.

And yet since gaining independence, Moldova has taken 26 medals from European and World Wrestling Championships in as many years. In Taekwondo, Judo and weightlifting – the athletes of which all train using Trânta – Moldovans have claimed a further 44 medals on the European and World stages. It’s a trend that looks set to continue as Trânta has now become

an established part of the national curriculum. “Following independence, children were required to learn Trânta wrestling in school,” says two-time freestyle wrestling world champion Ruslan Bodisteanu. “The dexterity exercises lead young men directly into judo, karate and jiu-jitsu, while the strength training produces weightlifters, boxers and classical wrestlers. Trânta shows three of the best characteristics Moldovans have: strength, courage and mercy. You must be strong and brave enough to fight a guy like Romanov, even if you’re a small guy.”

Political upheaval continues to threaten Moldova. Money is pilfered and stripped from sporting facilities and associations. Still, Trânta is leading a generation of gutsy Moldovans to prominence, and allowing this small nation to punch, grapple and slam above its weight on the global stage. The one thing that has eluded Moldovan athletes until now is an Olympic gold. This year the odds, as ever, are stacked against them. Yet as giants such as Romanov victoriously hoist prized rams above their square shoulders – to the adulation of crowds across the Republic of Moldova – you sense that this suits them just fine. 🐏

PRIZED FIGHTERS

18 Tribute is paid to all the men and women who have competed in combat sports at Olympic level for the Republic of Moldova

19 With a population of just 3.5 million, the ex-Soviet Bloc minnow secures a disproportionate number of medals

**DECIDING
VOTE**

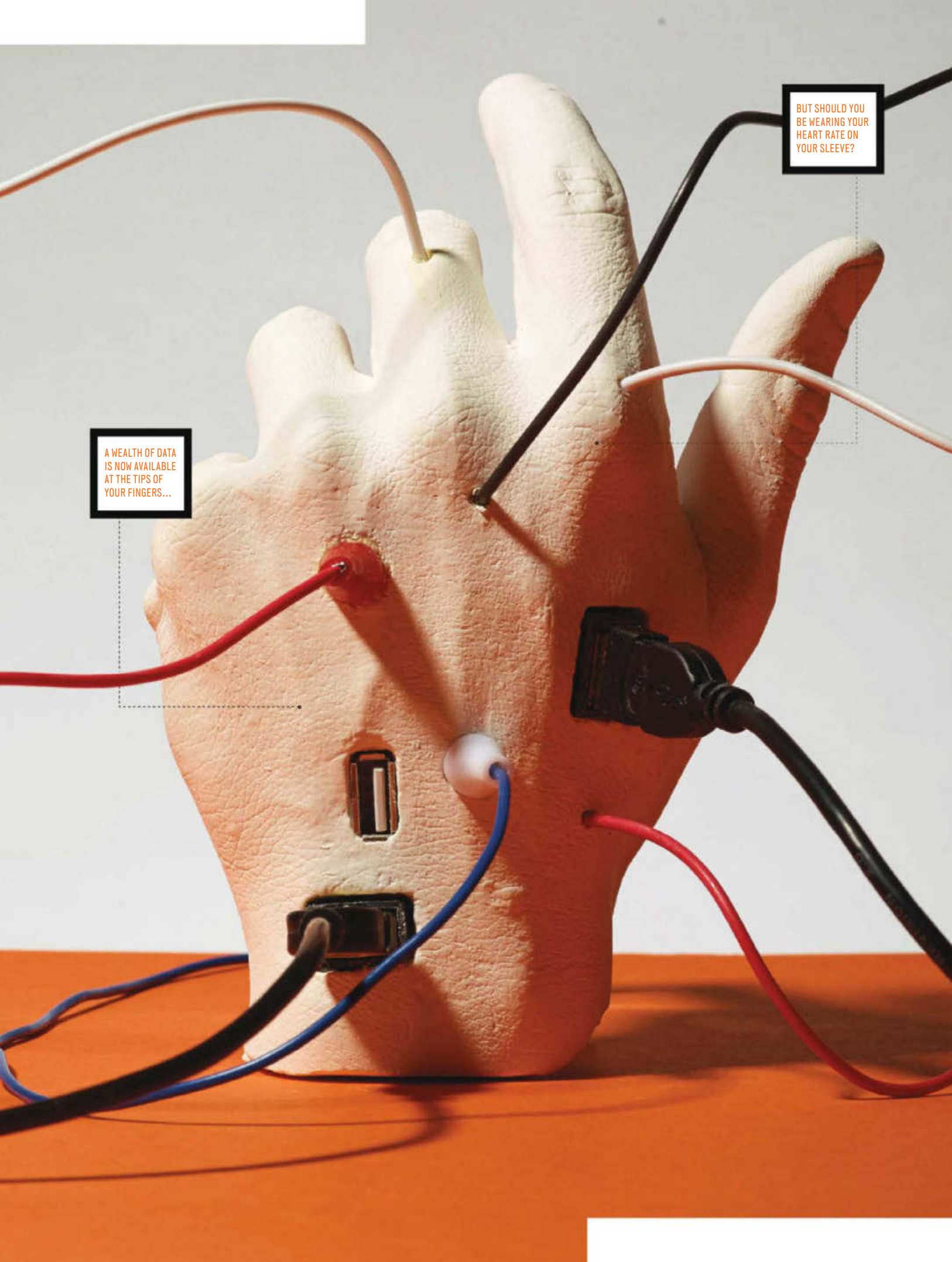
20\ A referee and wrestling coach with more than 30 years' experience, Iacob Chihai is the man to impress. He presides over all national events, as well as some international competitions

"You must understand that Moldovans who fight Trânta want honour, not blood"

BEARABLE TECH

From the band on your wrist to the strap around your chest, **wearable tech** has begun to envelop our **every appendage** – but does keeping tabs on each waking moment actually make you fitter? To find out, MH enlisted its very own trackable guinea pig

WORDS BY RHIK SAMADDER – PHOTOGRAPHY BY AGATA PEC



A WEALTH OF DATA
IS NOW AVAILABLE
AT THE TIPS OF
YOUR FINGERS...

BUT SHOULD YOU
BE WEARING YOUR
HEART RATE ON
YOUR SLEEVE?

W

e have a revolution on our hands, around our necks, and in our shorts. It's the rise of wearable technology: smart necklaces, live-coaching earphones, clip-on trackers. Intimate devices that monitor every step, breath and heartbeat. The kind of machines previously used in hospitals to determine when you've died, now available as must-have accessories.

Smartphones are indisputably great training aids – you can compile workout playlists and use GPS mapping – but it is the smaller, Bluetooth-enabled wearables that have set us free. They live on us, like benign parasites, and they know us inside out. Does counting out 10,000 steps a day really make a difference, though? Is it useful to know just how bad your night's sleep was? Or are we just readying our organs for harvest by robotic overlords?

MH tasked me, *The Guardian's* 'Inspect A Gadget' columnist, to put the current crop of wearable tech through its paces. It's fair to say I'm entering the fitness-oriented internet of things (the fitternet?) as an outsider. Paunchy, unmotivated and insomniac, I'm exactly the kind of slob tech producers need to engage if they want to tap the mass-market. And so for the next six weeks I'll be trying out every T-shirt that talks, ring that connects to my phone, and chest sensor that watches me sleep. With luck, strapping them to my puny frame will rebuild me as a newly disciplined man with the air of a Borg librarian. Without it, I'll just be left with a heavily audited account of my failings.

Calculated Wrist

First off, I try on a million wristbands. Tech designers are obsessed with our wrists, the way Victorian perverts were with ankles. This requires me to overcome an element of self-consciousness. For me, wearing look-at-me wristbands in everyday life feels like brandishing an out-of-date backstage pass. Or, like I gave a pound to charity two months ago and still want everyone to bloody well know about it. Thankfully, most consumers are less neurotic: 91.5 million of us bought an activity tracker in 2015, a figure that looks set to rise to upwards of 115 million in the coming months. It's 2016 and we want to witness the fitness. So let's go.

Fitbit is the foremost wrist analyser and, as market leader, its name is almost synonymous with the genre. I try Fitbit Surge, its top of the range model described as the "ultimate fitness super watch", which is a bit Scrappy-Doo for my liking. It's comfortable and yet so... big. I can't get my sleeves over it. The watch face maps movement over the past hour, a progressive circle that flares up with increased activity. I can literally see how many trips I've taken to the fridge. I start to feel really bad, which is apparently the first step to becoming a better person.

Problems set in when I go for a plod. It's fine on the run (though it does want to know if I'm going for a treadmill, free or lap run before I start, which feels a bit like a fussy mum asking me if I've got my coat and when I'll be back). When I return the app gives me my metrics, which in turn give way to further breakdowns. There are graphs detailing my caloric intake and output, resting heart rate over time, gibberish exercise goals stacking all these values against each other. I didn't know a puff around a park could generate so much data. It's 50 copies of the film *50 First Dates*. It's like taking a data shower.

Confused, I consult someone who knows what to do with this stuff better than I do. "I'd argue that you don't need all that information, especially if you're just starting out," says Carly Tierney, champion bodybuilder and personal trainer at DW Fitness. "Lots of my clients see these bands as a magical solution and end up disappointed. It's too easy to get overwhelmed and give up." So can the info-dump actually be demotivating? Chris Pick, a spokesman for ChemistDirect (which sells health-focused wearable tech) certainly thinks so. "Manufacturers should be telling you what to do with all this material," he says. Besides, from Pick's perspective the fitness implications of wearables extend far beyond running. "The positive thing about these devices is that they enable people to be proactive about their health. I have a Samsung and an SpO₂ sensor to measure the oxygen concentration in my blood, using the phone's camera. And heart rate monitoring can be a very useful indicator of arterial disease." I decide not

SEARCHING FOR
A FIRM FOOTHOLD
IN THE WORLD
OF HEALTH TECH?

MILLIONS OF US
NOW QUANTIFY
OUR BODIES FROM
THE GROUND UP

Level up

Our writer went one-on-many with the wearables market and came away a fitter, better man. Here are the gadgets ushering him into a new life of fitness

01

Best for: keeping your cool
OMsignal Shirt

While we haven't actually seen Ralph Lauren puffing around his Montauk beach house in the latest OMsignal, the fact that he's lent his name to our writer's favourite piece of kit is reassuring enough. This 'smart' shirt's compression-fit wicks sweat while keeping muscles warm to prevent fatigue. Ideal for both polo field and AstroTurf. £105 omsignal.com



02

Best for: a quick morale boost
Jabra Sport

If you're anything like us, you've spent years crying out to have your heart rate measured through your ears. Luckily, Jabra has answered our prayers with its Sport Pulse Wireless earbuds. As you run, the optomechanical sensor scans your blood vessels. Hit the Sport button to have your stats delivered in sultry yet strangely motivating tones. £200 jabra.co.uk



03

Best for: getting catwalk-fit
Jawbone's UP3

The UP3 had our fitness fashionista coming on all SS17 – hardly surprising considering designer Yves Béhar counts Prada among his clients. We suggest following the app's daily Smart Coach fitness tips, designed to condense your endless timelines, graphs and trends into actionable steps toward that David Gandy physique. £130 jawbone.com



04

Best for: staying connected
Microsoft Band 2

After years of flimsy bands boasting oversized screens, the minimalist design of Microsoft's Band 2 is almost as refreshing as the ability to ignore your co-workers' calls, texts and emails from your wrist. But the real selling point is the unique ability to monitor your VO₂ max, with no need to wheeze into a scary mask. £200 microsoft.com



"I don't care about oxygen saturation... I just want to look good"

to tell him that I don't really care about knowing my blood's oxygen saturation. I just want to look good.

Big Brother's Watch

I'm determined the Surge won't run me down, so I take refuge in superficialities. I'm trying out other smartwatches, which all offer similar features, such as heart-rate monitoring (get in the fat-burning zone!), pedometry (up your steps!) and social competition (beat your friends!). Many are unbelievably ugly. Worst is the Garmin Vivoactive, with a screen that looks permanently grubby. But Microsoft Band 2 is much more my speed – it has a Gorilla Glass OLED touchscreen, plus an impressive 11 sensors including UV and a barometer. You could probably go sand-yachting on Mars with it.

I don't have access to a sand yacht. Or Mars. So instead I brave the gym. The Bluetooth connection, which accesses my iPhone's music, emails and messages, is seamless and reliable. It's comfortably swish too, making up for my measly reps.

But while Band 2 is smart, the battery life is almost as bad as my iPhone's. When it runs down, it's a pain to charge again – and just another excuse to give the gym the brushoff. Furthermore, it looks like something out of *Minority Report*.

Jawbone's UP3 is by far the most fashionable band I try: less treadmill, more runway. It has no digital display, just LEDs on a band thinner than a festival pass. The battery competes with the turbocharged Fitbit and the colourways are relatively sophisticated for a product genre fond of black (I get one in teal, with a quilted upper). Prioritised goals lessen the detail mania. I choose sleep and steps, targets for which sit on the home screen, as percentage bars. With a clearer goal, I feel energised. I start taking the stairs everywhere. I pace around my flat like a madman. I'm becoming fitter!

Well, not necessarily. Fitbit's widely adopted "10,000 steps a day" goal is no magic bullet: "It's not the right type of activity," says Tierney. "Even running on a treadmill, while burning calories, isn't necessarily the best way to get fitter and more toned. Strength training is better, but then that's harder to quantify." She's unconvinced by fitness bands in general: "They don't teach you to work out efficiently, so you waste a lot of effort, and then think you've earned a pizza. People would be better off spending their money on quality food and a book." This sounds like my kind of advice, though on reflection I suspect she means a nutrition manual rather than *Cloud Atlas*.

The Night Shift

Two weeks in, and the wristbands are starting to grate. Many of them buzz when I've been idle for 15 minutes, which is like getting four texts an hour telling me I'm fat. I wear them throughout the night, to get the best readings for my resting heart rate, but I'm frequently wearing more than one, so I feel like a chubby Zsa Zsa Gabor. As a rule, I don't wear jewellery or watches so it's an uncomfortable burden. Each one I clamp on feels like a shackle.

My bedroom offers little respite. "REM sleep aids creativity and intensifies focus and drive," UP3's Smart Coach confirms. Thanks Coach! Sleep monitors are hugely, inexplicably popular. We've become narcissistic voyeurs, watching ourselves while we dream. What's wrong with us? To find out, I try Beddit, a motion sensor that lies under the sheets, turning your cosy bed into a biometric lab. I have to tell it the instant I decide to go to sleep, which seems a militant way to catch 40 winks.

I'm shocked into consciousness at 5.40am by the sound of wind chimes. What's happening? I'd set Beddit's alarm for 8am. And yes, I'd permitted it to wake me up to 30 minutes early if it detected I was in a light sleep (rest is maximised by completing sleep cycles, rather than simply sleeping longer). But this is taking the piss. I groggily negotiate my phone to disable the alarm; 10 minutes later it goes off again. It sounds like pan pipes this time, though my pre-dawn fury may have caused me to misremember. Flailing around, I rip the sensor out of the bed, delete the app and sleep in until 11am.

Even when Beddit is working properly, I'm not sure scrutinising my sleep is doing me any good. Some days I wake feeling fine, only to be graded a "sleep score" of 57/100, which feels crap. Is 42 minutes of REM enough? I'm not convinced the results are reliable. I compare sleep stats between Beddit and the other trackers, and find discrepancies of up to 45 minutes.

I discuss my anxiety that I may not be getting the right kind of sleep with my friend Tom, who is a doctor. "That's how the market works," he reassures me. Or maybe he's not reassuring me. "They problematise your vague sense that something about yourself could be better. Then they give you possible causes – a lot of data, interlinked, with no end point. They create a gap in your lifestyle and insert themselves into it."

Despite the phone notifications and minor electric shocks delivered to my wrists, I've not been to the gym in weeks, and I'm running in the park for only the bare minimum required to test the products. It feels pointless because I don't know whether I can trust the machines. I read in the news about a lawsuit against Fitbit, claiming its heart-rate readings are inaccurate. I need to get excited about wearables again – and I've got an idea how.

I'm looking at The Bionic Family: a series of infographics, compiled by PR agency PHA Media, of people kitted out in Jetsons-level technology, all of it available today. From solar-powered jackets to stress-detection rings to video-conferencing cuffs, it's amazing. And it's not all sport and business and claptrap either; Lechal makes haptic footwear for the visually impaired, while Visiomed's




WIRING UP HAS
BECOME THE NEW
SOLUTION TO
BEING RUN DOWN

contact-free thermometers were recently used by the WHO to help diagnose Ebola.

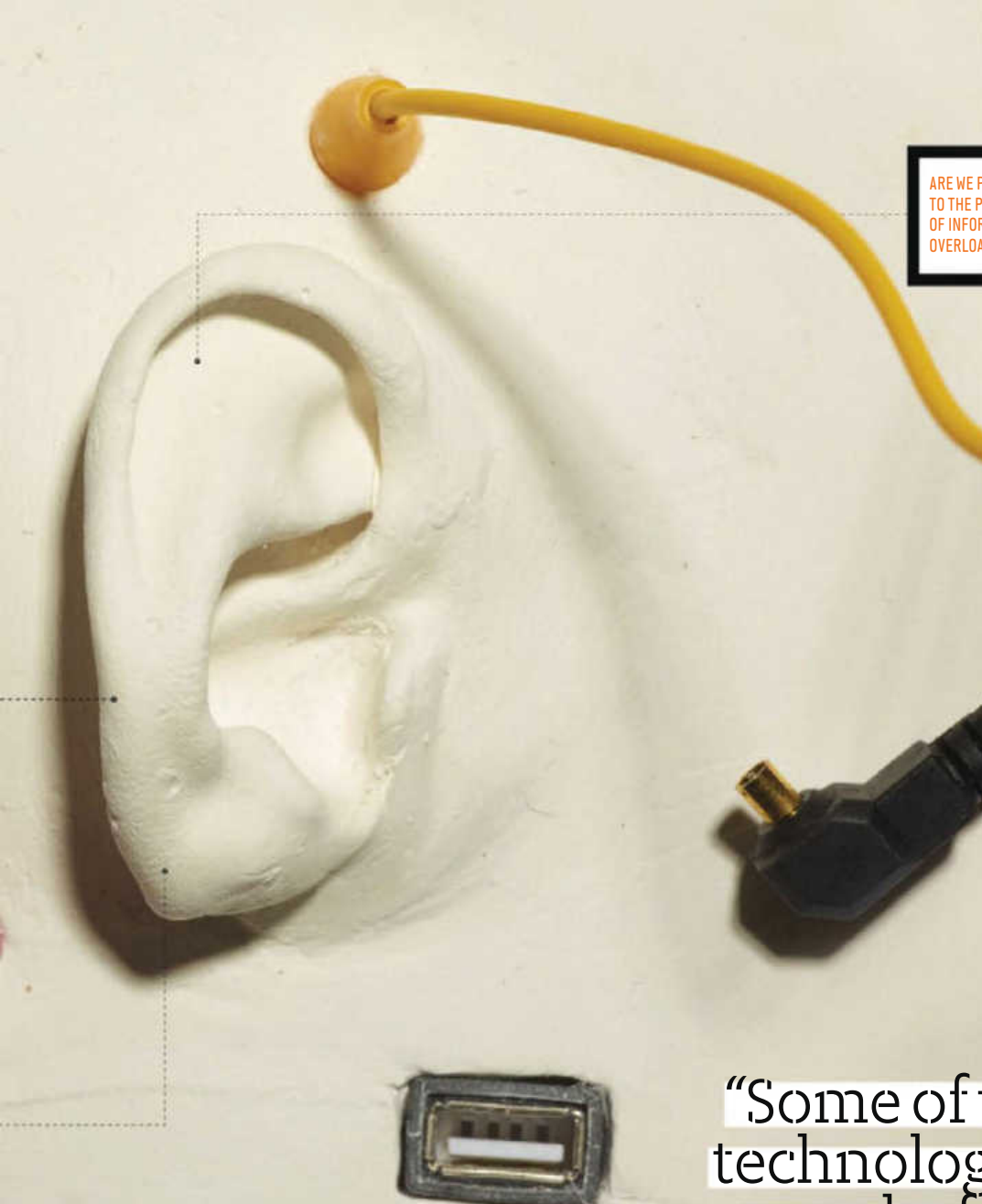
"It can be disconcerting how quickly wearable tech is developing," says Nick Braund, PHA Media's head of Technology and Innovation. "HS Innovations has just created a ski boot tracker that responds to the terrain and communicates with you via your goggles, showing you the best route to take, depending on whether you want speed or a challenge. A year ago no one was close to that. Now every sports shoe at Nike has a chip in the sole."

Some of this technology is wonderfully futuristic; some of it plain bizarre. Describing itself as "where jewellery meets technology", I'm staring at Ringly, which sits charging in its box, glowing red. I'm not quite sure what it does. "You control what comes through," it promises. Is it a Ouija board filter? No, it's a way to get notifications from your phone direct to your finger. Linked to popular apps, from WhatsApp to Uber to Tinder, the ring flashes different colours, so you know who or what is trying to get your attention. It also buzzes when you move too far from your phone – which sounds hellish. Surely it's a step toward *Minority Report* again, just a version where our phones are implanted in our foreheads?

But there's another way of looking at it: ultra-connected might mean ultra-discerning. Ringly lets you choose to be notified by messages from specific people. Knowing you won't miss anything important means your phone can stay in a pocket or bag, only brought out when it's worthwhile. Intriguing take, right? Unfortunately I can't get the notifications to work correctly, so who knows. And to



WITH A PT IN YOUR
EARS, YOU'LL
NEVER WALK OR
WORK OUT ALONE



ARE WE PUSHING
TO THE POINT
OF INFORMATION
OVERLOAD?

MH - REPORT DATE - 04/2016

“Some of this technology is wonderfully futuristic. Some is plain bizarre”

be honest, the ring looks like it was stolen from a fortune teller. It's crafted from labradorite, which I can only assume is a semi-precious stone made from dogs. As if its functionality alone wasn't enough to put you off the thing forever.

A Switch To Wear

It's the final week of testing. A courier arrives with a package, which has been sitting in a customs office for the past month. I open it to find an unremarkable-looking T-shirt, and curse the £40 I was forced to spend on duty, getting it into the country. That is, until I put it on.

You see, even as the trend's still dawning, rings, watches and bands have almost had their day. We'll soon be entering the age of smart fabric. Our clothes themselves will be sensors, conductors, antennae. We won't strap on supercomputers, we'll just get dressed.

It's not far off – we already live in a world where a pair of shorts can tell you to sit up straight. Made by Lumo, they have sensors in the waistband, feeding back in real time about posture, stride length and pelvic rotation. L'Oreal has unveiled a patch worn on the skin, scannable by phone, that monitors the strength of the sun's rays. Meanwhile French-Canadian company OMsignal, which makes biometric compression shirts and sports bras, has partnered with Ralph Lauren. I'm wearing one now, and damn if it doesn't look good. (No, not a bra.)

The sensor, a curved module that clips onto the shirt next to the ribs, buzzes like an angry insect when I pick it up. It's like plugging myself into a battery. I like

it. The black box contains an advanced accelerometer and can track breathing volume and movement intensity, which other wearables can't. It's literally a smart shirt: contour hugging, dynamic. In my head I look fantastic. The striking app, too – geared toward live coaching and goal setting – is clearly a cut above. The readouts are pared back and beautifully presented. There are video workouts to match your skill level; or you can choose to spend a set amount of time in a high heart-rate zone, or burn a specified number of calories. I can test how rested I am, or my recovery times, with live speech feedback. It's pretty Batman.

It turns out less data and more guidance is what I need. Over the week I'm actually motivated to head out and get a sweat on. I hit the park every morning, excited. The bike gets dusted off and I ride the bejeezus out of it. The effect is compounded with Jabra Sport's Bluetooth earphones, which also offer live goal feedback and drills. Choosing a target pace or distance, or creating an interval training programme is easy – the personal trainer just walks me through it. (Then runs, then walks.) She counts down

to my workouts like we're on *Gladiators*. She encourages me every time I want to sit on the swings and weep. She tells me how far I've travelled and how fast, and that I am a good man. OK, she doesn't say that. But I love it when she talks to me. (Is it getting hot in here?) I don't want to let her down – so, incredibly, I don't.

In the end, all it took to motivate me was looking cool

and a woman whispering in my ear. On reflection, I am depressingly basic. I don't want to overstate things – my body shape still closely resembles a butternut squash, because change takes time. There's no guarantee I'll stick with my new regime – I suspect a personal trainer I can't simply unplug in two weeks' time might be more effective in the long run. But I'm certain our relationship with wearables is about to get closer. In my case, possibly too close.

For now their potential is in virtual reality, their *actual* reality being a lot of mysterious buzzing, flashing lights and tracking my movements to and from the kitchen. But get the next steps right, and they'll fly. And when they do, I don't want to be caught napping. 🐼

WORDS BY: JACK HART

PHOTOGRAPHY BY: DAVID MARQUEZ

MACRO NUTRIENTS
MICRO MANAGEMENT

MACROCHEF: THE PROFESSIONALS

Whether you long to be stronger, leaner or fitter, the balance of macronutrients you consume is your base equation. Confused? You needn't be, because MH has decoded a delectable guide to the key laws of nutrition. Eating clean doesn't get easier than this...





There's a strong chance you've encountered the term 'macros' of late. If you follow any of those #fitfam sorts on Instagram then you'll have seen it posted, liked and emojied ad nauseum. Because macros, specifically the 'hitting' of them, are suddenly having a moment.

Macronutrients, to give them their full title, are the three primary sources of calories in your diet: protein, carbohydrate and fat. Everything you have ever eaten is made of them and you've been happily wolfing down macros your whole life, albeit unknowingly and without order.

That's where we come in. Because adjusting the ratios of the macronutrients in your daily diet is the simplest and most effective method of achieving a physical goal in a sustainable way. If that sounds like a load of steaming turkey

and broccoli, then digest this first: a diet is a universally applied and often limited set of rules that must be adhered to rigidly. But once you know how to hit your macros – the specific amounts of each macronutrient your body needs to achieve an outcome – nutritional independence, flexibility and freedom await.

We tasked a team of macro-savvy culinary pros to devise three daily eating plans, each weighting the pillars of protein, carbs and fat toward different body goals. So whatever your target, we've crunched the numbers on all you need to eat, down to the very last gram. If they seem specific, well, that's sort of the point.

Once you've got a taste for how easy it is to let us do the work for you, then hitting your macros won't seem like such a big deal after all.

THE LEANER FIGURES

The low-carb fad has had its day in the sun. If you want to strip fat before summer, protein is the macro you should be concerned with. This daily menu, designed by Caspar Rose of Fresh Fitness Food, contains the ideal ratio of protein, fats and – yes – carbs. The only thing getting cut is you



COCONUT PROTEIN BALLS

INGREDIENTS

Desiccated coconut, 20g
Vanilla whey protein, 40g
Ground almond, 10g
Coconut milk, 20ml
Vanilla pod
Honey, 1tsp

NUTRITION (PER BALL)

| | |
|----------|-------|
| CALORIES | 138 |
| PROTEIN | 12.26 |
| FATS | 7.56 |
| CARBS | 5.36 |

1 The macro gourmand's answer to lumpy shakes. Tip the ingredients (bar a little desiccated coconut) into a bowl and combine. Don't overdo it – the protein powder can clog when warm.

2 Separate the mix into three balls, then roll each in the remaining coconut to give them a crust.

3 Chill for an hour or two for the *al dente* texture you're really after. These three balls all fit neatly into your daily weightloss quotas (and gym bag). You're welcome.



BEEF LASAGNE WITH SWEET POTATO MASH

INGREDIENTS

White onion, 20g, finely chopped
Garlic clove, chopped
Lean beef mince, 150g
Oregano, pinch
Basil, pinch
Tomato purée, 20ml
Aubergine, 75g
Courgette, 20g, grated
Sweet potato, 150g
Cinnamon, pinch
Salt and cracked black pepper, to taste

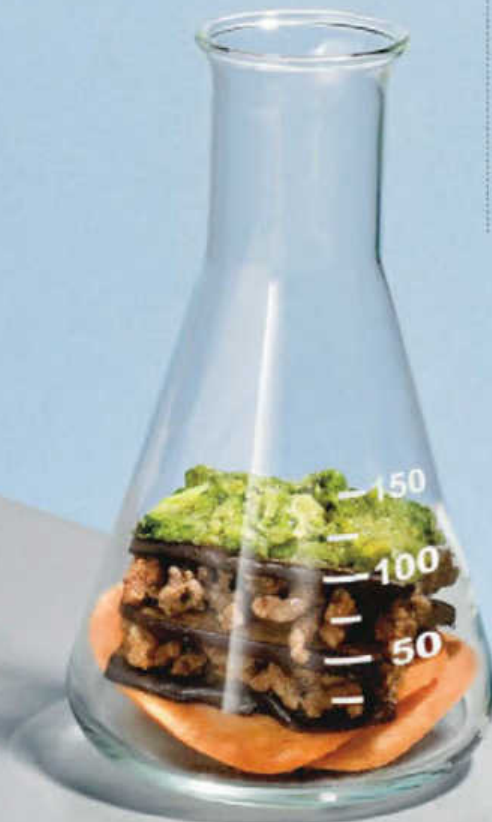
NUTRITION

| | |
|----------|------|
| CALORIES | 432 |
| PROTEIN | 46.6 |
| FATS | 7.56 |
| CARBS | 45.6 |

1 Start by sautéing the onion and garlic, then add the mince, herbs and tomato paste. Once the beef is cooked through, leave on a low heat for 15 minutes.

2 Slice the aubergine into thin sheets and bake for five minutes at 180°C. Now, layer the mince mix between aubergine sheets, topping the lot with grated courgette. Stick it back in the oven for 15 minutes.

3 Dice the potato and boil until soft. Mash with the cinnamon and seasoning and serve next to the steaming lasagne. You can almost feel your love handles' wilting.



CHICKEN AND AVOCADO SALAD

INGREDIENTS

Chicken breast, 130g
Olive oil, 5ml
Lemon zest, 1½tsp
Cracked black pepper,
pinch
Avocado, 30g
Rocket, 30g
Cherry tomatoes, 50g,
halved
Balsamic vinegar, 5ml

NUTRITION

CALORIES 245
PROTEIN 31g
FATS 10.8g
CARBS 6g

1 If you've got time, marinate the chicken in a blend of the olive oil, lemon zest and black pepper. If post-workout hunger rendered you insensible, half an hour will suffice.

2 Sear the meat on both sides in a medium-heat pan, then turn down and leave it to cook for 10 minutes while you cube the avocado and mix it with the rocket and tomatoes.

3 Cut your chicken into strips and serve atop the salad. Dress with the balsamic. Nutritional science at its simplest.



WAFFLES WITH BERRIES AND CREAM

INGREDIENTS

Oats, 50g
Egg whites, 30ml
Almond milk, 30ml
Banana, ½
Honey, 1tsp
Vanilla whey protein, 50g
Coconut oil, 1tsp
Quark, 30g
Blueberries, 50g

NUTRITION

CALORIES 445
PROTEIN 53.3g
FATS 5.3g
CARBS 45.7g

1 That's right – waffles with cream is on the menu. Drop the mic, then drop the oats, egg whites, almond milk, banana, honey and 40g whey protein into a blender and blitz until smooth.
2 Brush a waffle maker with the coconut oil and pour in the mix. They're done when golden.
3 Whip the quark with the remaining 10g protein and pipe onto the hot waffles. Top with the berries, then devour, grinning.



DAILY MACRO ECONOMICS

Calories 2235
Protein 212g (38%)
Fat 71g (28%)
Carbs 188g (34%)

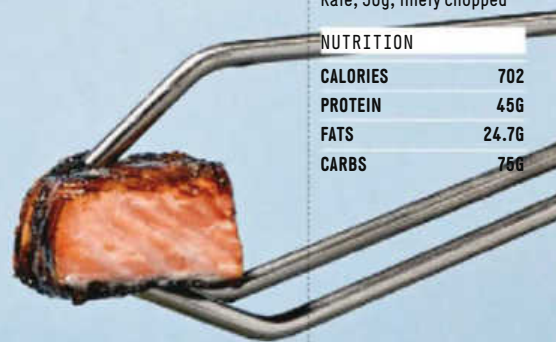
SALMON WITH QUINOA SLAW

INGREDIENTS

White quinoa, 100g
King salmon fillet,
skinless, 140g
Honey, 1tsp
Soy, 1tsp
Lime juice, 2tsp
Coriander, 5g
Mint, 5g
Ginger, 5g, finely grated
Green chilli, 5g
Spring onion, 20g
Fish sauce, 3ml
Kale, 50g, finely chopped

NUTRITION

CALORIES 702
PROTEIN 45g
FATS 24.7g
CARBS 76g



1 Set the quinoa simmering in a pan of lightly salted water while you soak the salmon in a honey, soy and lime juice marinade. Pre-heat a non-stick pan to a high heat.
2 Grill the fish until dark brown on each side then turn the heat down to low – you want the fish to be lightly pink inside.
3 Thinly slice the herbs, chilli and spring onion and mix with the quinoa, a squeeze of lime juice, fish sauce and kale. Serve on top of the slaw mix for a lightweight plate that's heavy on drip-fed energy.



GAINS BY NUMBERS

It's your carb game that needs lifting when you're spending more time than usual in the squat rack, in order to prevent your body from cannibalising new muscle for energy. Ben Tilouche, executive chef at Mealtek, has served up a big day of muscle macro meals. Time for some fork reps

DAILY MACRO ECONOMICS

| | |
|----------|------------|
| Calories | 3025 |
| Protein | 158g (21%) |
| Fat | 114g (35%) |
| Carbs | 335g (44%) |

DARK CHOCOLATE AND COCONUT BALLS

INGREDIENTS

Dark chocolate, 7g
Dried dates, 60g
Chocolate whey protein powder, 27g
Cocoa powder, 5g
Shredded coconut, 2tsp

NUTRITION

| | |
|----------|-----|
| CALORIES | 399 |
| PROTEIN | 26G |
| FATS | 11G |
| CARBS | 49G |

1 Enhance your al desko snacking with these high-protein balls. Melt the dark chocolate (do we need to tell you about its antioxidant profile?) in a bowl over boiling water.

2 While that's melting, blend the dates to form a thick paste and mix with the whey protein and cocoa powder.

3 Roll into individual balls and dip into the chocolate. Dip in the shredded coconut for a crusty topping.

FUDGE BROWNIE

INGREDIENTS

Walnuts, 22g
Dried dates, 50g
Chocolate whey protein, 15g
Cocoa powder, 5g
Cocoa nibs, 3.5g

NUTRITION

| | |
|----------|-----|
| CALORIES | 410 |
| PROTEIN | 17G |
| FATS | 19G |
| CARBS | 36G |

1 Crush the walnuts and mix with the other ingredients – dates are a powerful source of dietary fibre, keeping your digestive system going to process your macros effectively. If the mixture is too solid to combine, just add a dash of water.

2 Shape the mix into a rectangle, chill for 30 minutes, then cut into bite-sized pieces and store in the fridge. They'll be ready to eat as and when you need them. So eat them. All of them.



SWEET CHIA BERRY POT

INGREDIENTS

Almond milk, 218ml
Sunflower seeds, 40g
Oats, 44g
Egg white powder, 20g
Blackberries, 34g
Chia seeds, 22g
Xylitol, 16g
Blueberries, 15g
Cinnamon powder, 1tsp
Banana, 1/3

NUTRITION

| | |
|----------|-----|
| CALORIES | 588 |
| PROTEIN | 38G |
| FATS | 32G |
| CARBS | 37G |

1 This contains more protein than any supp and packs the calories you'll need for training. Combine everything except the banana in a bowl and leave in the fridge overnight.
2 Come morning, mash the banana and stir it into the mix. Eat it cold or heat it up.



CHICKEN ROULADE

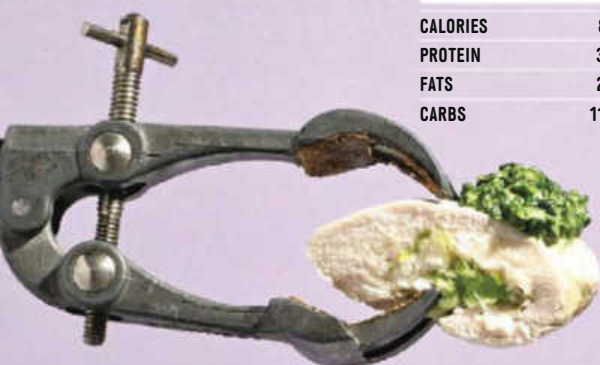
INGREDIENTS

Leek, 2g
Chicken breast, medium (110g)
Feta cheese, 9g
Cheddar, 4.5g
Salt and cracked black pepper, pinch
Whole-wheat tagliatelle, 135g
Broccoli, 77g
Double cream, 34ml
Spinach, 65g

NUTRITION

CALORIES 812
PROTEIN 39g
FATS 24g
CARBS 110g

1 Blanche the leek in salted boiling water before stuffing it inside the chicken breast, along with both types of cheese and some seasoning.
2 Wrap the chicken securely in clingfilm and place into boiling water for 10-15 minutes. While that's cooking, boil your pasta and steam the broccoli in a colander on top on the pan.
3 Heat the double cream with the spinach over a low heat. The spinach provides you with more than 550mcg of vit K (ie a lot) and improves calcium absorption to keep your bones in shape. Once the chicken is cooked, slice it in two and pour over the creamed spinach. Serve with the drained pasta and broccoli.



SEAFOOD PROVENÇAL

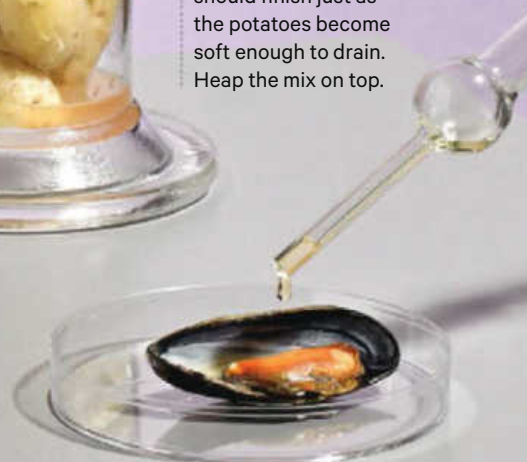
INGREDIENTS

Chopped tomatoes, 88g
Black pepper, 1tsp
Sea salt, 1tsp
Thyme, pinch
Curry powder, 1tsp
Turmeric, 1tsp
Dried rosemary, 1tsp
Fresh parsley, pinch
Marjoram, pinch
Smoked paprika, 1tsp
Clove of garlic
Tomato purée, 18ml
Extra virgin olive oil, 23ml
New potatoes, 300g
Cauliflower, 86g
Mussels, 73g
Squid, 71g
King prawns, 71g

NUTRITION

CALORIES 816
PROTEIN 38g
FATS 28g
CARBS 103g

1 Don't balk at the carbs: feasting the night before training will prime you for a big session. Heat the tomatoes, herbs and oil on a medium heat.
2 Leave to infuse for 30 minutes to form the base. Five minutes before time's up, put the potatoes in a pan of salted boiling water.
3 Add the remaining ingredients to the base and cook for up to 10 minutes. That should finish just as the potatoes become soft enough to drain. Heap the mix on top.



RUNNING STATS

Cardiophiles need an even balance. While carbs are still your mainstay, keeping fats and protein on track will power your endeavours and restock your glycogen levels. Jennifer Irvine, founder of The Pure Package, has created a day of stamina on a plate. Just add mileage...

COCONUT PRAWNS WITH ROASTED TOMATOES

INGREDIENTS

Basmati rice, 30g
Quick-cook wild rice, 15g
Cherry tomatoes, 9
Baby corn, 80g
Chopped coriander, 2tsp
Groundnut oil, 1tsp
Garlic clove, ½, peeled and finely chopped
Cumin seeds, pinch
Turmeric, pinch
Fresh ginger, 75mm piece, peeled and finely chopped
Green chilli, ¼, deseeded and finely chopped
Coconut milk, 60ml
Tiger prawns, 90g, shelled
Broccoli, 150g, cut into small florets

NUTRITION

| | |
|----------|------|
| CALORIES | 1000 |
| PROTEIN | 63G |
| FATS | 40G |
| CARBS | 130G |

1 Boil the rice in separate pans. While it cooks, roast the tomatoes and corn for about 15 minutes. Drain the rice and stir in the coriander.

2 Sauté the garlic and spices in oil for two minutes. Pour in the coconut milk, simmer for seven minutes; then add the prawns, toms and broccoli.

3 When the prawns turn pink (four minutes) serve with rice and corn.

TERIYAKI CHICKEN

INGREDIENTS

Cider vinegar, 1tbsp
Tamari soy sauce, 1.5tbsp
Mirin, 1tbsp
Clear honey, 1tsp
Garlic clove, ½, crushed
Ground ginger, pinch
Chicken breast
Shiitake mushrooms, 40g, thinly sliced
Brown rice, 55g
Broccoli florets, 100g
Beansprouts, 35g
Red chard, 30g, torn
Radicchio, 25g, torn
Black sesame seeds, 1tsp

NUTRITION

| | |
|----------|-----|
| CALORIES | 440 |
| PROTEIN | 44G |
| FATS | 8G |
| CARBS | 40G |

1 Gently heat the first six ingredients. When mixed well, pour a third of it over the chicken and shrooms.

2 Bake the chicken at 190°C, and boil the brown rice. Both take 25 minutes. Boil the broccoli and sauté the mushrooms with the rest of the veg. Add the seeds and a third of the sauce to the rice.

3 Cut the chicken into strips and toss with the last of the sauce. Mix everything together and serve with a dollop of smug.



ROASTED RED PEPPER HOUMOUS

INGREDIENTS

Red pepper, ½
Garlic clove, ½
Chickpeas, 100g, drained
Tahini, 1tsp
Lemon juice, squeeze
Red chilli, ¼, deseeded
and finely chopped
Olive oil, 1tsp
Vegetable stock or water,
1tbsp
Celery, 2 sticks, cut into
batons
Radishes, 2, leaves on

NUTRITION

CALORIES 190
PROTEIN 8G
FATS 6G
CARBS 16G

1 Prepare this one the night before

for mid-morning recovery. Place the red pepper and garlic on a baking tray and roast for 20 minutes or until the pepper's skin has blackened. Transfer it to a freezer bag straight away – the steam helps loosen its skin.

2 Skin the pepper and garlic before blitzing in a food processor with the chickpeas, tahini, lemon juice and chilli.

3 Add the oil and vegetable stock with the motor running slowly to get your preferred consistency. Serve with celery sticks and radish. And get ready for the return leg home...

GINGER INFUSED FRUIT & SEED SALAD

INGREDIENTS

Papaya, 1, peeled,
deseeded and sliced
Kiwi fruit, 2, peeled and
sliced
Preserved stem ginger,
½ piece, finely chopped
Pumpkin seeds, 30g
Black sesame seeds, 2tsp
Natural yoghurt, 2tbsp

NUTRITION

CALORIES 350
PROTEIN 18G
FATS 10G
CARBS 52G

1 Forget micronutrients at your peril: vitamins, minerals and other non-caloric nutrients boost your immunity and support bone strength, letting you focus on blitzing your PB. Mix the fruit with the ginger and let the flavours infuse – the longer you leave them, the better it'll taste. If you don't have a few hours, 30 minutes will do.

2 Sprinkle the pumpkin and sesame seeds over the fruit and top with the yoghurt for a salad brimming with enriching vitamins.

SMOKY EGGS ON RYE

INGREDIENTS

Groundnut oil, ½tsp
Garlic clove, ½, crushed
Smoked paprika, ½tsp
Baby spinach, 100g
Large egg
Crème fraiche, 1tbsp
Smoked paprika, pinch
Plum tomatoes, 2
Rye bread, small slice

NUTRITION

CALORIES 620
PROTEIN 37G
FATS 22G
CARBS 57G

1 And finally, a high-speed dish for cardio commuters.

Brown the garlic in some paprika over a medium heat. When the garlic sizzles, add the spinach until it starts to wilt.

2 Pour the garlicky spinach into a ramekin and crack in an egg. Spoon the crème fraiche on top with another pinch

of paprika before putting it all in the oven at 220°C for 15 minutes. Place the tomatoes on a baking tray next to the ramekin.

3 Before serving, toast your rye bread. When everything's cooked, crush the tomatoes on top of the toast and place the eggs on top. Fuel up and begin the day at macro speed. 🍳

DAILY MACRO ECONOMICS

Calories 2600
Protein 170g (26%)
Fat 86g (29%)
Carbs 295g (45%)





BREAKING POINT



Rugby is now bigger
than ever – the wages,
the stadia and, most
of all, the bodies.
But are players increasing
in size and strength at the
expense of safety?

**MH investigates whether
contact sports are becoming too
powerful for their own good**

WORDS BY SIMON BARNES PHOTOGRAPHY BY PIOTR GREGORCZYK

It was Eddie Jones' first weekend in his new post as head coach of the England rugby union team: time to start clearing his mind for the big questions of the Six Nations' team selection. Jones was appointed with the hope that he'd produce a side at once precocious, thrilling and imaginative.

Henry Slade of Exeter Chiefs would certainly have been in mind. A player of style and invention, Slade can play at centre or at fly-half. And at just 22, he's one for the future, alright. But that same weekend, Slade sustained a knock that ruled him out of competition for months.

A classic rugby injury, it came at the breakdown: the period after a tackle, when both teams compete for the ball. Slade – all 6ft 2in and 92kg of him – braced himself over the tackled player to grapple for the ball. His planted leg took the impact of the two opposing players. His leg snapped and the ankle dislocated – procedures necessitating a lengthy recovery. Rhys Webb, a Welsh scrum-half, missed last year's World Cup because of an injury resulting from similar circumstances. Other promising players, Will Fraser and Christian Wade, have had their careers disrupted by the same sort of thing – many have had multiple surgeries before their 25th birthdays – and yet more risk permanent damage by playing through the agony, or taking pain relief injections before big matches. Both Wales and Ireland can justifiably blame premature World Cup exits on a slew of injuries to key players. In the case of the Welsh, almost their entire starting back line was signed off.

Rugby is a violent game. It has always been: the physical courage it requires to take part is a major part of the attraction for both players and spectators.

The same is true of American football. Both games are ferocious and have mind-stretchingly complex rules in place to keep the whole thing a sport

'COLLISION-BASED'
PLAY COULD LEAD
CONTACT SPORTS TO
CRASH AND BURN

rather than a riot. However, as players get bigger, fitter, faster and stronger, there are indications that injuries are growing more severe; that the sports are becoming too dangerous. The question has to be asked: is the current approach still viable? Or are contact sports reaching breaking point?

Incredible bulk

Jeff Reinebold has the job of special teams coordinator at the Hamilton Tiger-Cats (of the Canadian Football League) and is also an American football pundit for Sky Sports. He has coached widely in North America and had a period with Rhein Fire in Germany, in what became NFL Europe. While there, he watched the 1995 Rugby World Cup and found it "unbelievable". In a good way. He now counts himself

as an All Blacks fan and relishes the crossover between the two sports.

"If you could step back 30 years, you'd see there's been a major change in both games," he explains. "Thanks to developments in training techniques and nutrition, we are creating tremendous athletes. When I began in this sport, a 300lb [136kg] guy was unusual – now, they're everywhere.

"These are huge guys, with great speed, and real explosive qualities. I'm concerned that while muscles have grown bigger, bones, joints and ligaments haven't caught up. When I first started coaching, an Achilles tear only happened to older guys – now it's a common injury



Hard data

RUGBY BY NUMBERS

7 The average number of years a professional rugby player enjoys in the game

80% The increase in injury-related retirements between 2011 and 2014

62 The average number of match injuries per club during the 2013-14 season

11m The increase in height of an average player in the England squad since 1992

725kg The weight behind the average collision – just slightly heavier than a classic Mini Cooper

220 The force on impact during an elite rugby tackle

338% Concussion rates have increased by this amount, from 3.1 per 1000 hours in 2005-6 to 10.5 per 1000 hours in 2013-14

12.5% The percentage of total injuries made up by concussions. It is now the most common injury for both ball carriers and tacklers

in New Zealand, the only country where rugby is a genuine pan-national concern, there are worries about losing young people to the fairer sport. If this concerns them, the most powerful rugby nation on earth, it has to be a serious worry.

Growing concerns

In England, top-level rugby is played in the Premiership. And when coaches and players look for examples of how to play the game, they turn to the top clubs.

It's a generalisation, but it holds up pretty well: Premiership rugby tends to be attritional and collision-based. That's not the whole story, but it's the default setting. A generation back, the forwards were big and strong and the backs were small and fast. The piano-shifters and the piano-players. These days, most of the backs are big and a lot of them are as big as any forward. And the forwards are huge.

Since the professional era began, the average weight of an England international has increased by a ligament-worrying 10%. In 1994, Rory Underwood and Rob Andrew were members of a side whose average weight was a solid 92.3kg. Today, it's questionable if players of their relatively diminutive stature would feature in an England squad weighing, on average, an immense 114kg (17st).

It's a process that began with the late Jonah Lomu. In 1995, Lomu became a global star when playing for New Zealand at the World Cup. Famously, he was able to run *through* rather than around the opposition. There's footage – try New Zealand vs England 1995 – of him literally running over the top of players.

“The idea of running around people is forgotten”

In the northern hemisphere at least, this has been seen as the ideal ever since. In England – both historically and notoriously the least imaginative international team in the world – there has been a tradition

of players endlessly running straight into contact and then recycling the ball: bosh, bosh, bosh. The idea of running *around* people seems sometimes to be forgotten, perhaps even unmanly. This was obvious in England's doomed World Cup campaign last year, in which rugby league convert “Slammin” Sam Burgess was consistently selected over players with greater skills of evasion – like poor Slade. The Welsh backline, meanwhile, which succumbed so spectacularly to

across all ages.” The desire to compete with these physical behemoths is forcing young players to develop imbalanced – and paradoxically fragile – physiques, says Reinebold. “There's far more stress on the joints in contact sports today, and it starts very young. There are 15-year-olds with personal strength coaches.”

Closer to home, young sportsmen have turned to more extreme measures in the bid to keep up. UK Anti-Doping's investigation into steroid use among Welsh junior rugby players is ongoing, but suggests an endemic desire to take dangerous shortcuts in the name of superior size and strength.

Risk has always been a difficult area for sport, and rugby has tended to be protective about it, feeling that what

consenting adults get up to at the bottom of a ruck is nobody else's business. But that attitude has altered in recent times, despite traditional resistance to change.

The first and biggest of these has been professionalism. It's easy to forget that rugby union has only been a professional sport since 1995. With that process came awareness of wider responsibilities. The game is played by schoolchildren and amateurs, and the sport is aware that too many injuries will drive people away. In particular, it is concerned that excess violence could be a turn-off to parents.

These kinds of fears explain the rise in popularity of soccer – it's a far safer pastime than American football. Even



injury during the same tournament, was heavier on average than New Zealand's 1987 cup-winning pack.

So bosh-bosh-bosh has become the model for the game at all levels in the northern hemisphere. "Young players copy what they see on television," says Sir Clive Woodward, who coached England to victory in the 2003 World Cup. "And here's a fact: the coaches are never in danger."

It's little surprise, then, to learn that these increasingly brick-built athletes are sustaining far more injuries than their smaller, lighter predecessors. Between the 1995 and 2011 Rugby World Cups, the number of injuries per 1000 player hours almost trebled, soaring from just 32 to 89. The figures for 2015 are yet to be released, but are expected to continue this trend.

Everyone, in and out of rugby, is aware that the game has changed with unprecedented pace. The shift toward professionalism was devastating, and the manner of the change has not been entirely predictable. More than anything, professionalism has given players more time and better facilities to train, to bulk up, to get fitter, faster and stronger. Rugby is not the main thing but the *only* thing for them. And they prepare accordingly.

Offensive action

As long as people have engaged in sporting contests, they have sought to gain a physical advantage over their opponents. The problem faced by contact sports is that the bigger the athletes become, the harder they fall. In fact, from 2011-2014, there has been an 80% increase in the number of rugby players retiring early due to career-ending injury.

It's a worrying shift that hasn't gone unnoticed. "Rugby Union is not a viable sport," says Allyson Pollock, professor of public health research and policy at Queen Mary University of London, and author of *Tackling Rugby: What Every Parent Should Know*. Pollock's research leads her to believe that rugby isn't approaching breaking point. It's already there.

"The evidence shows that the risk of injury is very high," she says. "I am concerned about cumulative injuries that can affect the rest of your life. I am also concerned about repeat concussions, which can contribute to dementia and other cerebral disorders like

WILL A CHANGE IN
TACTICS SEE RUGBY'S
SOUL GO UP IN SMOKE?

Become Unbreakable

DO THESE FASCIA-STRENGTHENING MOVES TWICE A WEEK TO BULLETPROOF YOUR BODY, SAYS NIKE MASTER TRAINER RORY KNIGHT



VIPIR UPPERCUT LUNGE 3 SETS OF 10 REPS

With the ViPR on your left side and your right hand forward, lunge with your right leg and lift the ViPR diagonally, ending with it above the right shoulder. Repeat 10 times on each leg.



VIPIR ICE SKATER 3 SETS OF 20 REPS

Step your left leg back and across to touch the ground behind your right leg; at the same time, touch the left edge of the ViPR to your right foot. Aim to go slow. Hop to reverse.



BOX JUMP 3 SETS OF 10 REPS

Squat in front of a box before jumping through the balls of your feet to land on it. Use your arms for momentum, but keep your core solid. Hop down into another squat and go again.



MED BALL RAINBOW SLAM 3 SETS OF 20 REPS

Place a medicine ball on the floor by your left foot; hinge at the hips to pick it up. Raise it over your head, then slam it by your right foot, breathing out as you slam. Alternate sides.

Parkinsonism [characterised by tremors and postural instability]. Since 1995, the injury rate has doubled in the adult game and trebled for children. Is the risk of going professional worth it?"

Inside the sport, too, there is a growing awareness that such issues are serious. Sir Clive Woodward, the architect of English rugby's greatest success – with a little help from Messrs Wilkinson, Johnson, Vickery et al – may not agree with Pollock that the game is unviable, but concedes that certain physical aspects of the sport are getting out of hand.

"I'm concerned about the big hit," says Woodward. A hit is not just a tackle, but a colossal collision between two athletes, upper body to upper body. It is intended not just to stop a player in his tracks, but to cause confusion and dismay. "It can be dangerous for both the hitter and the hit," says Woodward. "I'm worried about the dangers that come from offensive tackling: not just to stop the player but to win the ball. It puts a huge strain on the neck. We need to look very closely at this. We need to calm it all down."

This is all very well, but players don't want to hear such things, still less enter the debate. This is a game in which looking tough really matters.

Professionals frequently like to make the point that in football, the players are always pretending to be hurt, while rugby players are always pretending not to be. And when physicality and personal risk are integral to a sport's appeal, the obvious solution – outlawing the big hit – might be as ruinous to rugby's viability as the injuries such a ban would seek to prevent.

Making headway

Inside the sport there is currently no talk of prohibiting hits. There is nevertheless growing awareness that the issues are serious. In order to find ways to protect the game's spirit – and its players – rugby's governing bodies have found inspiration in their cousins in the NFL.

The old convention when it came to concussion was that if you could count three fingers and remember your name, you were OK to carry on. As a result, athletes tended to play with their heads. Literally. "When I had my helmet on I felt invincible," says Reinebold. "Players used the helmet as a weapon, driving it into an opponent. The spear-tackle wasn't against the rules back then. Now the game has wised up and changed the ways you can tackle and block."

In American football, protocol includes taking the helmet away from an injured player, so he can't play on. Rugby's lawmakers have gone one step further, introducing a minimum three-week layoff after a concussion, which is – let's not forget – permanent brain damage. Mike Brown suffered from concussion while playing for England last February and was then out for the rest of the season.

In rugby particularly, statistics appear to show that the injury rate is consistent, but the severity is increasing. When records began in 2002, the average injury layoff was 16 days. In 2013/14, that rose to 26. Many would argue that this is down to current medical staff being more cautious. But there are others who put the increase in severity down to the simple fact that, as rugby players grow bigger, so too does the damage they can inflict on one another.

Civilised violence?

To its credit, rugby has the capacity to move and adapt, and it has shown it can do this with the issue of concussion. There is informal discussion in the game about making rugby safer without losing its soul – and its soul lies in aggression.

"You could see something of the solution in last year's World Cup Final," says former president of the Rugby Football Union Bob Reeves. "The top two teams in the world were not playing collision-based rugby. They both played with skill, athleticism and speed, and New Zealand were supreme."

There is, however, a disconnect between the northern and southern hemispheres. When Super 12 rugby, first played by leading sides in Australia, New Zealand and South Africa in '96, was broadcast in the north, there was widespread derision. All that running, all those tries – that's not rugby, it's more like the Harlem Globetrotters.

The competition is now known as Super 15, and it's instructive that all four nations in the World Cup semis came from the southern hemisphere, and suffered fewer injuries than their rivals North of the equator. The southern style of rugby is not just safer, it's more effective.

And if the best way to win is through

speed, mobility and skill, then the minds and hearts of players and administrators will follow. New Zealand demonstrated a genuine advance at the last world cup. Will Eddie Jones, a man from the tradition of the southern hemisphere, bring

"A hit is not just a tackle but a colossal collision"

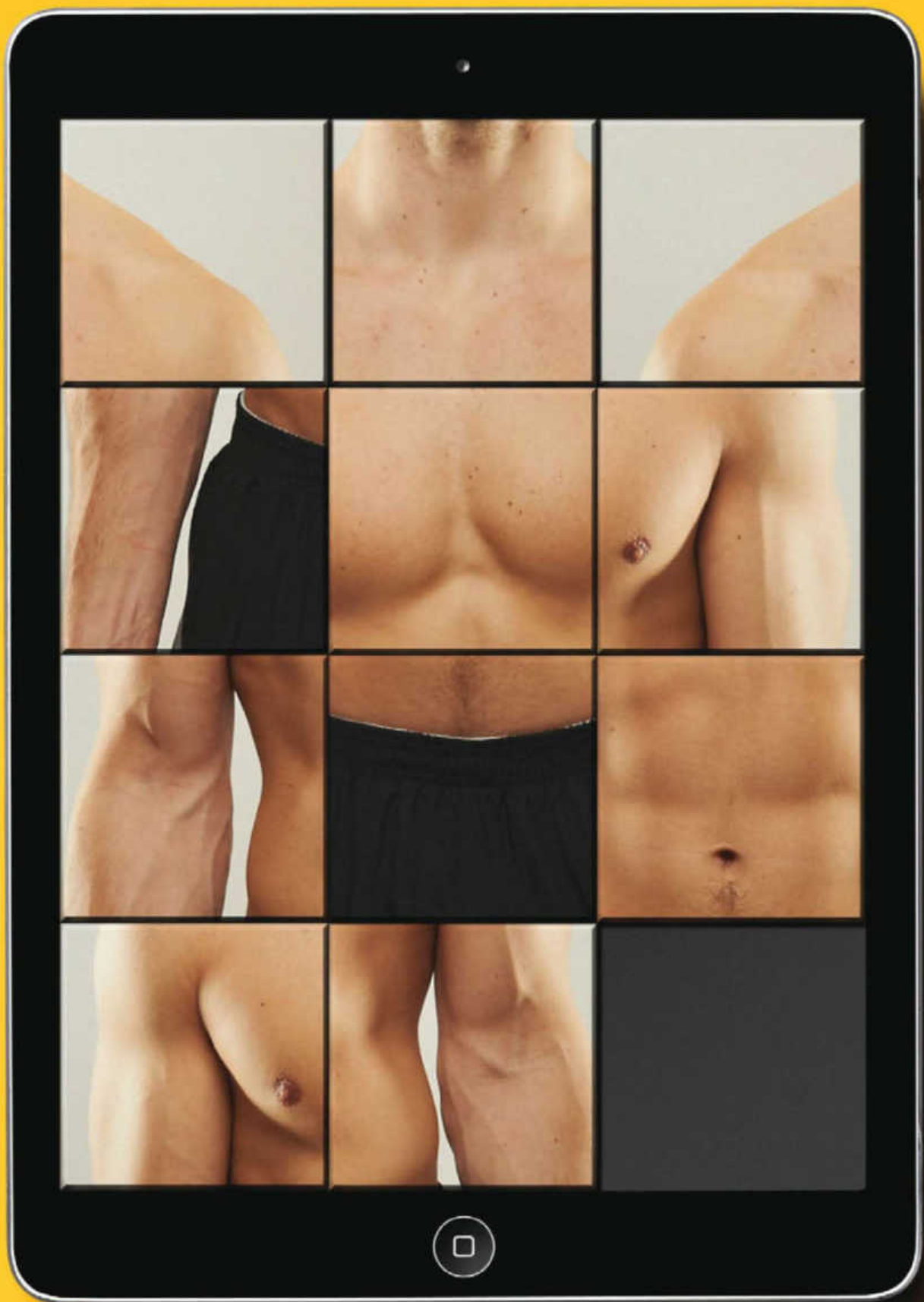
such ideas to the North as England coach? Will England be faster, smarter and – crucially – safer?

Rugby and American football sate a need for civilised violence, and the extraordinary physical commitment that requires. The game is built on these atavistic human urges, and they're not things that can be legislated out of life. The 2015 Rugby World Cup may have marked a crossroad: the tournament when size and strength again became secondary to skill and dexterity. When professional rugby found its flair, and sidestepped breaking point altogether. **■**

The Mavericks Of Fitness

Words by Jamie Millar – Photography by Jobe Lawrenson

The Wild West of fitness may be full of fads and faux science, but it's also home to genuine pioneers. You may not have heard of them, but these are the men behind the workout kit you covet, the gym programmes you follow and the fitness advances you don't even know about, yet...



Meet the innovators reassembling your image of health

The Stay At Home PT



Shaun T has turned workout DVDs into a powerful business. As in, 10 million copies shifted, \$350 million in sales, and franchised fitness classes on every continent. But now the man behind *Insanity* wants to train your mind as hard as your midriff

I was a track athlete at high school but let my fitness slip when I went to college. I gained 50lb in my first year. There needed to be a change. At first I was going to the gym and getting on the treadmill for 10 minutes a day – because after gaining 50lb it's not easy to run very far. Eventually I started getting really into fitness and changed my major to sports science.

I moved to LA to audition as a dancer and was teaching at a gym when Beachbody asked me to do a test tape, then a workout DVD.

The first two were dance-based. For the third, they wanted something really intense. On my first day of high-school track, the coach made us run a mile, then do stretches and drills. At that point you'd think you were done – but you still had 400m intervals to run. I was like, "I need to recreate something as intense as that in the home." So the *Insanity* warm-up is those same stretches and

drills, and *then* it's time to work out. People are like, "This mutha is crazy."

But think about it. When you feel like you can't go any further and then actually push yourself to go three times longer, it becomes less physical and more mental.

People tell me all the time that once they finish *Insanity*, every other workout becomes easy. Not because there's no workout that could be harder, but because mentally they're ready for anything.

I try to challenge people. A lot of these moves you've seen before, but it's not about the moves: it's the mindset. You can run, bike, swim, lift weights... There isn't just one type of exercise that works. It's about a single question: what are you putting into this?

I started this whole home workout journey with a simple philosophy: if I can change one person's life, then my job will be done. The fact that millions of people have bought my programmes is incredible.

No two success stories are the same. If 10 people lost 50lb then they did it for 10 different reasons, whether they were getting married or divorced, whether they just wanted to be healthy or they found out they had a medical condition.

Life is like algebra – what you do on one side you have to do on the other to get the right outcome. If you work hard, you will get results.

01



SHAUN T
THE BEAST OF
PERSONAL BESTS

METHOD MAD GAINS

Shaun devised this warm-up based on Tabata principles. Do 4 sets per move: 20sec on, 10sec off

PRESS-UP JACK WITH A TAP

Lower into a press-up, then push back up explosively, spreading your feet and using your right hand to tap your left shoulder. Sink back down and repeat, tapping the opposite shoulder.

GENIE-POSE TUCK JUMP

This move might rub you the wrong way. With forearms stacked in front of your chest, squat then spring off the floor, jumping as high as you can while tucking your knees. Land softly. Repeat.

PUNCHING ABS TWIST

Sit with your heels on the floor, torso bent at 45 degrees and left fist extended. Punch forward with your right fist, pulling your left in as you do. Alternate sides with each rep. Keep that guard up.

SWITCH KICK AND PUNCH

In a fighter's stance – left foot forward – simultaneously kick with your right leg and punch with your left fist. Alternate sides. Rest for 30sec, then repeat the full circuit for 3 sets in total.

02



The Kick Starter

Nicknamed the 'Steve Jobs of jogging', James Carnes has revamped running shoes from the ground up. The next step for the man behind the Adidas Boost? An industrial revolution to minimise your footprint

ADDITIONAL PHOTOGRAPHY: GETTY | ULTRA BOOST ADIDAS.CO.UK

Growing up just outside Detroit, everybody was into cars. When I finished design school, I worked at a place that made car interiors. But I realised that I didn't want to spend the first five years of my career doing door handles, the next five doing headlights... I'd had an internship at Adidas while I was at university, so I called them and said, "Hey, is that offer still on the table?"

As an intern, I'd stumbled into the research lab and befriended the scientists – there wasn't an official innovation programme then. They had this idea that you could play sports better barefoot, but you still needed cushioning and traction. They said, "We'd like you to make a prototype... In a month." I was down in the lab 24/7, hand-carving wooden moulds for the

midsole. But I came back with a pair of shoes. That got my foot in the door.

Then I worked on a couple of Kobe Bryant's shoes before moving to Germany and focusing on running. I did the first full line of Supernova shoes, and the Climacool. Boost was a holy grail concept: the cushioning of a super-soft EVA [ethylene-vinyl acetate] with the firmness of a low-profile racing shoe. And it was a grail. We genuinely thought, "Nah, that doesn't exist." But we found a particle foam that the automotive industry used for dashboards and bumpers that did just that. It changed the game. I'm a sneaker freak and I have a hard time wearing

anything other than Boosts. The marathon world record was set in a pair of Boosts.

Watching the German national team win the World Cup with the boots we created, or watching the

All Blacks win the Rugby World Cup, it was like, "Wow, I remember someone drawing those." The coolest is the Olympic Games: the margin of victory is so small, a lot of it comes down to the traction. Do they have good spikes on? Do they sit well? Do they feel like a part of the foot?

There are bigger things than helping athletes achieve their goals, though. One is making stuff that makes people want to play sports, or even just walk a little bit more, which has such a positive influence on their lives. The other is exploring new ways of making things. My favourite is knitting the uppers because you can create shoes locally, which positively impacts the carbon footprint. It looks high-tech, it fits better and the waste compared to a regular upper is less than 1%. That sustainability is something I'm really proud of.

SAVE YOUR OWN SOLES

"Right now, I have about 600-650 pairs of trainers," admits Carnes. These are his tips for preserving box freshness...

DON'T SWEAT IT

"Your sweat has bacteria in it. If you wear trainers a couple of times, put them away then come back in a year, they'll have mould on them. Take the sock liner or insole out and wash it before stowing them."

CLEAN UP YOUR ACT

"Keep them fresh. Some people use a brush and chemicals or even just soap and warm water, but just take 20 minutes before you put them away. Especially if you wear them a lot."

GO PAPERLESS

"Ditch the paper boxes. They absorb all the moisture. Even the bit on the adhesive between the upper and the midsole gets sucked out, so you end up with a cracked line along the top. Buy plastic boxes."

JAMES CARNES
THE BRAINS
BEHIND THE BOOST



The Trouble Shooter

Famous for losing 100lb, gaining 20 IQ points and putting butter in his long black, 'Bulletproof' entrepreneur and bio-hacking pioneer Dave Asprey is no longer just trying to make his own body invincible, but yours, too...

I had arthritis in my knees as a teenager. After two knee surgeries by the age of 22, I decided to get healthy because I needed to lose, oh, about 100lb. I worked out six days a week, cut my calories, cut my fat, and after a year and a half, I still weighed 300lb.

I spent \$300,000 of my own money on western medicine to improve my body and my health, almost all of it wasted. I was on antibiotics for 15 years trying to solve common problems. I also spent an inordinate amount on supplements that didn't work. It's very simple to throw money at the problem. When you get to the point where you need to lose 100lb or you're going to die, you're willing to spend it.

I realised then that I was going to have to do something different. I started thinking outside the box, investigating things that maybe weren't widely known. It took me years to understand that food is more important than exercise. If you want a lot of energy, what you're really saying is that you want a lot of calories, but just not to store those as fat. One of the

reasons I was experiencing cognitive decline in my twenties was low-fat diets and exercise. Your body needs energy so it short-changes the brain. And when you do that chronically, it's not going to help you feel like a million dollars. You just feel unwell.

I first came across the idea of putting butter in coffee at 18,000ft above sea level, near Mt Kailash in Tibet. Normally you feel like you're going to die at 18,000ft. You can't put one foot in front of another. Everything stops working. Instead, I was elated. I just remember wondering how it was possible that this cup of traditional yak butter tea – which is frankly a disgusting concept – made me feel so amazing. I got home and started experimenting, which is how I arrived at Bulletproof Coffee. It improves cognitive function, gives you energy for hours and programmes your body to burn fat for fuel all day.

I have several Starbucks executives working for Bulletproof now and we're opening a chain of coffee shops. We're using coffee in a way that it hasn't been used before, except maybe by the Ethiopian tribe that invented it – they mixed coffee and



DAVE ASPREY
THE BULLETPROOF
BARISTA





butter in little bowls and ate it before they ran into battle.

Recently we had our 20 millionth download on Bulletproof Radio. That's about 50 lifetimes' worth of listening. If I'm creating and sharing information that helps people, it's a great public service. And if I'm creating information that wastes people's time, or distracts them or misinforms them, then I'm killing 50 people, so I actually feel a great sense of responsibility.

I'm sure I'm right. And the fact that I wake up and feel the way I do every day tells me that I'm right. I did a book signing at the Bulletproof Coffee Shop in Santa Monica for *Bulletproof: The Cookbook* and three people started crying. I'm really grateful to be able to help people who are where I was. It's why I started doing this.

I don't care about a legacy, though. The knowledge that I'm sharing isn't mine – it's the instruction manual for humans which we just weren't born with. The ideas are getting out there, and they won't go back. You could burn the library at Alexandria; you can't really burn the internet. I'm counting on my great grandkids knowing to put butter in their coffee.

BULLET POINTS

Bulletproof Coffee is filling, fuelling and fat-burning, claims Asprey. But only if you brew it right. This is what you need

250-500ML 'UPGRADED' COFFEE

"Bulletproof Coffee uses upgraded beans: the green coffee process is changed so toxins don't form. You get the taste but with no jittery crash."
uk.bulletproof.com
£9.95

1-2TBSP BRAIN OCTANE OR XCT OIL

"This flavourless extract of coconut oil makes your body rapidly produce ketones, which give you energy. It's as if you fasted for four days... without having to fast for four days."

1-2TBSP UNSALTED GRASS-FED BUTTER

"Butter from grain-fed cows has a different fat composition and lacks the same fat-soluble vitamins. It's not just margarine and Nescafé. If that worked, I'd tell you..."

A BLENDER

"You have to blend it because the body doesn't really absorb fats very well unless they're tiny droplets. If people don't like it, it's because they didn't do one of these steps. That's why I opened a coffee shop."

Performance and technique have been an obsession of mine for a long time. I grew up in Europe and I remember being at ski racing camp when I was 12. The world cup champion was diagramming a ski turn and I was thinking, "Can we talk like this all the time?"

Before the internet, a lot of athletes were literally just making it up. At university I found this really rudimentary book about using heart rate training to warm up and cool down. Woah! We used to not even warm up!

When I was on the US canoe and kayak team, we

were paddling twice a day, 300 days a year, and we were trying to lift weights. Lo and behold, my hand went numb one day. I couldn't hold my paddle, I couldn't turn my neck. I asked all the masters, all the Olympians, if this was typical and they said, "Oh yeah, it always happens." Always happens? That was when I started to think, "Hey, something's wrong here."

When I went after improved function, I produced really robust athletes. I could connect the dots and arrive at unifying principles of how the body works that I lay out in my book *Becoming A Supple*

Leopard. No one had agreed on the benchmarks of physiology before.

Is it super-fun that people like Jason Statham call me up for advice? Yes. But multiply that by the world's best athletes; by every branch of government; by 50 universities, and I get to see a lot of data. I constantly test my model in new environments, then refine and retest. I'm with the Air Force. I'm with the NFL. I'm with mums and dads.

My team have put up a quick prescriptive video on mobilitywod.com. Just 10-15 minutes is enough to make a massive change. You'll run faster, you'll lift more, you'll feel better. It's crazy.

If you're having pain – not injury, *pain* – your body is telling you your biomechanics are off. You should have the skills to fix it yourself. Act now. You don't wait for your car's engine to blow up before you put oil in. Even a basic understanding of mobility is enough to solve a bunch of problems in your body.



KELLY STARRETT
BIOMECHANIC
ON DUTY

04

The Mobility God

Physical therapist Kelly Starrett didn't *invent* mobility, but he certainly wrote the book on it. Olympic medalists, pro cyclists, soldiers and CrossFit athletes all owe their successes to him



ON TOP OF THE WOD

These biomechanical tweaks will save you a ton of pain. "To quote Mr Miyagi in *The Karate Kid*: 'Your best defence? Don't be there,'" says Starrett

8.15AM

Before you leave
"Flat shoes – zero differential between toe and heel – will fix lots of problems. That doesn't mean you can't do a sport with a heel. But where are you spending most of your time? Practice makes permanent."

9AM-5PM

At the office
"Limit sitting and try to stand or, better, move. People do not get enough non-exercise activity. You might go to the gym for an hour, but then you're basically sedentary. Sitting causes all kinds of mechanical problems."

5.30PM-7PM

At the pub
"Putting your foot up on that rail along the bottom of the bar takes all the extension load out of your back. Apply that to work too. It's not a standing desk until you have a place to put your foot."

7.30PM-10PM

In front of the TV
"Spend 10 minutes a day working on the bottom position of the squat. Do it while watching the TV. Try the 'couch stretch' too (see mobilitywod.com). Together they take your hip through its full range of motion."

Since childhood, my dream had been to play in the NFL. I studied kinesiology, got my teaching certification in health and physical education while I was playing, then came over to Europe and played professionally for two years.

While I was playing in France, two linebackers sandwiched me. I had three



TODD DURKIN
CERTIFIED LIFE
TRANSFORMER

herniated discs, spinal stenosis and degenerative back disease. My dream was over. So I was forced to find a new one.

I was in a lot of pain, and sought out healing gurus. I lived in 11 different cities in five years, seeking out those I could learn from: doctors, osteopaths, yoga instructors, acupuncturists, reiki experts, you name it.

In 2000, I opened up my training studio, Fitness Quest 10 – back then, training studios did not exist – and it grew rapidly. Around 2001 I became the sports massage

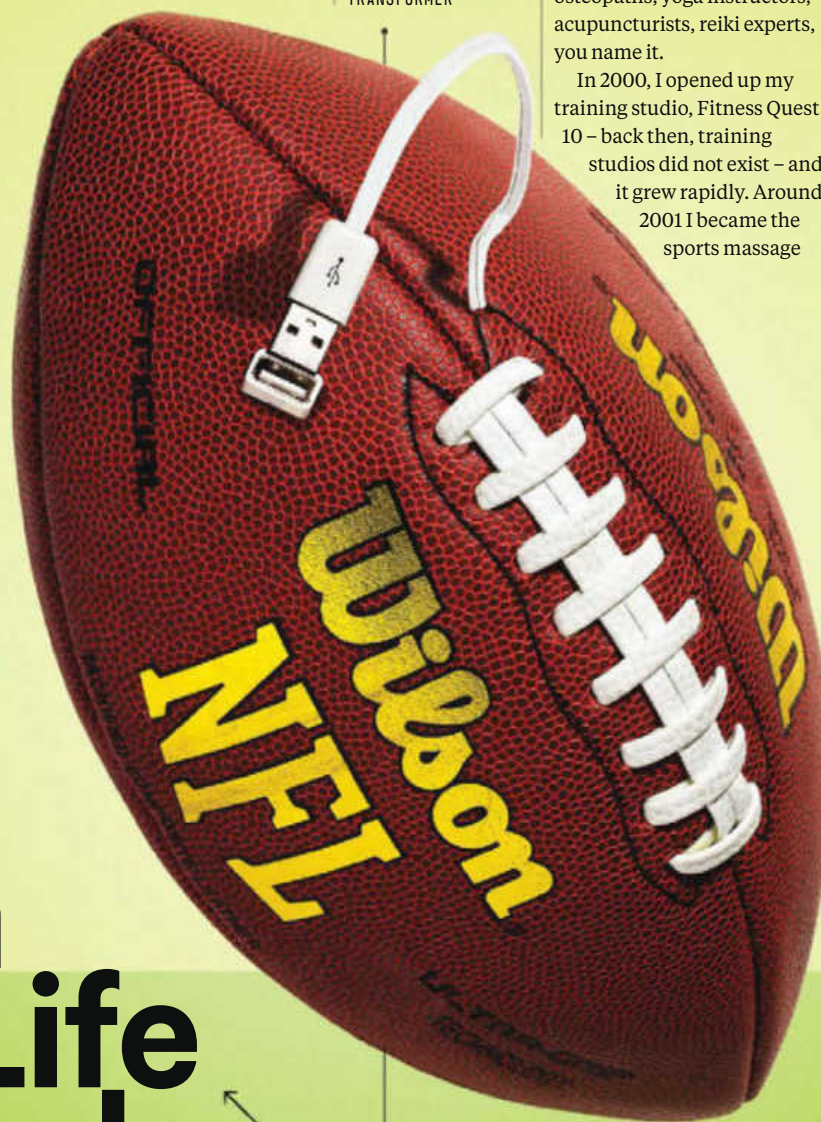
therapist to the NFL's San Diego Chargers. Then I started working with my first athlete, LaDainian Tomlinson, the Chargers' running back. Then Drew Brees, the quarterback. In 2006 LT became the NFL MVP; Drew was runner-up. In 2009 Drew won MVP at the Super Bowl. The athlete aspect of my business took off.

In my first session with LT, I had him do a one-legged balance touch test. On the first side, he did like 32. On the other side, he only did 23. And this is an elite athlete. A lightbulb went off. Imagine if I could get him balanced out so that he was quick and strong on both feet.

I do "motivational speaking" for businesses, but at heart I'm a coach; I'm a trainer; I'm a life transformer. I don't just want to be a clipboard cowboy, counting reps. The best coaches bring out the best in people. All of us have untapped potential, but it takes a personal journey that starts with the physical, the mental and the spiritual. Some people know their passion but they say, "I can't do that for a living, that would involve too much change." I say life's too short. Go get it. And watch what happens. 🍎

The Win At Life Coach

Todd Durkin bounced back from a spinal injury to train sport's elite athletes. Now a motivational speaker and advisor to TRX and Under Armour, he's inspiring us to PBs in and out of the gym



05

THE LAST BUZZWORDS

You heard it here first: these tips from Durkin are the wise words that your PT will be dropping in the next few years

RECOVERY

"The rise of high-intensity training means more people are getting hurt," says Durkin. "I love HIIT and I use it, but only if the recovery strategies match. That means sleep, flexibility, nutrition and body work."

BREATHING

"We've been working on really deep and diaphragmatic breathing to manage high stress," Durkin says. "If there are 80,000 people in the stands and you start hyperventilating, then I don't care how great a shape you're in. If you can't breathe, you're no good."

YIN

"You get the positive, powerful energy – the yang – via the yin: quiet solitude, inner time," he says. "I believe in early morning routines and getting your mind right, journaling, meditating, even just sitting still."

The GYM SNOB'S LEXICON

...and how to use it
without sounding
like a Bro

Welcome to workout dictionary corner
and prepare to get **Susie Dench**
(don't worry, all will become clear).
This is where we explain the most
common training jargon you're likely
to hear on the gym floor, from pro to
bro, and set the record straight

Words by Jamie Millar - Illustrations by Ben Mounsey

Gone are the days when the only soundtrack playing at the gym was the satisfying clang of steel on steel and the accompanying chorus of quasi-lavatorial groaning. Nowadays, the only sound distinguishable over the blaring, generic house megamix is the incomprehensible gibberish emanating from the mouth of Brosef Stalin and his comrades in bulging arms.

A mixture of opaque acronyms and the kind of language not uncommon in a scientific paper, this chatter can be confusing, to say the least. And as if lifting heavy objects and getting uncomfortably hot in a low-ceilinged sweatbox wasn't daunting enough, this complex vocabulary alone is enough to put the uninitiated

gym-goer off ever venturing back into the weights room. For starters, who is this Serge Gainzbourg you keep hearing about? Where on Earth is Gainzville? And why are people not more concerned about the oncoming **EPOCalypse**?

Admittedly, some of this terminology is about as useful as tying your shoelaces together before a set of alternating lunge jumps. There are words, phrases and abbreviations in common use, however, that are not only worth understanding, but valuable additions to your own personal vocabulary. Knowing your **ROM** from your **DOMS** might just help propel you through that fitness plateau.

Read on, and the only definition you'll be worrying about is around your midsection.

AMRAP Abbreviation

As Many Reps As Possible: a brutal protocol, usually combined with a time limit in which you rest as often as you need, but as little as possible. NB: you'd be better off focusing on the quality, not quantity of your reps.

BEAST

Noun

What you are when you crush your workout and make bare gains. Or bear gains.

Verb

What a sadistic trainer does to you when they crush you with a workout.

BRO SCIENCE

Noun

Training misconceptions arising from a twisted logic that because you're jacked, you must know what you're talking about. A school of thought rooted in a great deal of PhD (the whey supplement brand, not the one they hand out at universities).

See also: *Professor Stephen Halking*



BULKING

Noun

Building muscle by lifting weights and eating. Lots. While calories, here, are your friends, it's best done "clean" to minimise fat gain. "Dirty" bulking is the preserve of doughy door staff with kegs, not six-packs.

CIRCUIT

Noun

A series of exercises performed in quick succession without rest. The upshot is hogging as much space and equipment as possible. Good for keeping your heart rate up and your muscles guessing.

COMPOUND

Adjective

An exercise that hits several muscle groups, eg the "swoly trinity" of bench press, squat and deadlift. Praise be.

DOMS**Abbreviation**

Delayed Onset Muscle Soreness: tiny tears in the muscle that make you walk funny the day after the day after legs. Often accompanied by tiny tears leaking from your eyes as you drag yourself out of bed. Your muscles adapt over time, hence why DOMS is worst after a new activity or one you haven't done for a while (eg legs).

See also: inflammation, leg day, swale

**DROP SETS****Noun**

1. Completing your reps then immediately dropping the weight down and continuing until you can't do any more. Good for increasing the volume of work (and of your muscles). Just don't do it every session or you'll overwork.

See also: muscle confusion

2. Completing your reps then immediately and loudly dropping the barbell to display how heavy it was.

ECCENTRIC**Adjective**

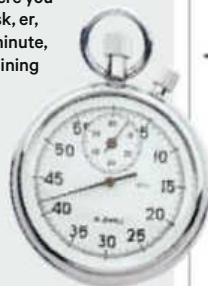
1. The lowering portion of an exercise. Unlike dropping the weights on the floor, it can further increase strength and size, especially if you use a weight that would normally be too heavy to lift. Try jumping up into the top of a pull-up then lowering yourself down in a slow, controlled manner.

See also: negatives

2. What you look like doing squats on a Swiss ball. Or using the sauna naked.

EMOM**Abbreviation**

Every Minute On the Minute: a training pattern where you complete a given task, er, every minute on the minute, and rest for the remaining seconds. Assuming there are any. Eg do 10 burpees, rest, then start a new set when the second hand swings back to 12 o'clock. The bleep test of burpees, if you will.

**EPOC****Abbreviation****Excess Post-exercise Oxygen**

Consumption: what your body needs to replenish your energy stores and lower your metabolism after intense exercise. The greater the EPOC, the greater the kcal burn. As a result, you napalm calories for up to 72 hours – literally “for days”.

See also: HIIT, metcon, afterburn, EPOCalyse Now

FAT-BURNING ZONE**Noun**

55-65%

The heart rate (as percentage of max) at which your body prefers fat for fuel. Now largely ignored in favour of HIIT, which burns more calories for longer and in considerably less time than, say, a 90-minute jog.

See also: steady-state, low-impact

FUNCTIONAL**Adjective**

Training to do things other than just look good (though, happily, that's a payoff), usually through compound exercises. Frequently misused to apply to exercises with no practical application, eg doing squats on a Swiss ball.

GIANT SET**Noun**

Similar to a circuit in that it's a series of exercises performed in quick succession, but “synergistic” – ie focused on one muscle group. The rewards are greater muscle growth and, again, hogging as much space and equipment as possible.

HIIT**Acronym**

High-Intensity Interval Training: a trendy modality whereby you alternate going hard for a set period, then less so, ad actual nausea. Has been proven to elicit gains faster than steady-state.

See also: Tabata

**GAINS (ALSO GAINZ)****Noun**

Catch-all term for improvements in strength, size and body composition. Frequently preceded by adjective “bare” which here, paradoxically, means “lots”, as opposed to describing a state of undress.

See also: gain train, Gainville, Serge Gainzbourg

DYEL *Abbreviation*

Do You Even Lift: interrogative used insultingly to cast aspersions on someone's weight training prowess or to imply that they are applying bro-scientific principles, especially online. Most commonly prefixed by “bro”.

“I only want bigger pecs so I don't bother with legs: I just use the chest press machine.”

“Bro, DYEL?”





HYPERTROPHY

Noun

The sports science term for building muscle – from the Greek hyper (“excessive”) and trophe (“nourishment”) – usually by eating and lifting. Basically Greek for “bulking diet”. Adonises take note: low reps (3-5) are better for strength and high ones (8-12) for growth.

See also: *bulking, gains, swole, hench, dench, Judi Dench*



LOW-IMPACT

Adjective

1. A form of cardio that, compared to weight-bearing activities like running, reduces the wear and tear on your chassis (eg cycling or swimming).

2. A reduced-intensity session (the steam room counts) that gives your nervous system a break and is still better than doing nothing.

METCON

Abbreviation

Metabolic conditioning: resistance moves at high intensity with minimal rest that get you sweaty and out of breath, thereby building fitness and burning fat while maintaining muscle – AKA “the dream”. The only snag? It’s well and truly grim.

See also: *circuit, Tabata, burpees*



MOBILITY

Noun

1. The quality of proper movement that can be impeded by factors such as poor flexibility, stiff connective tissues or inflammation. Not to be confused with mobility scooters, which are what you’ll require if you neglect to stretch.

See also: *DOMS*

2. Corrective exercises that restore the above, thereby improving performance, reducing injury risk and enabling you to become a supple leopard (see p106).

See also: *myofascial release, foam rolling, Kelly Starrett*

3. What you don’t have after leg day.

Peri-workout nutrition

Noun

Supps taken *during* training, eg sipping a sports drink or protein shake, or swallowing BCAAs. Probably not necessary unless your session is particularly long and intense (over an hour) or you’re trying to get freak-beast big.

Disambiguation: *peri-peri workout nutrition (a cheeky Nando’s after the gym)*



MODALITY

Noun

An extremely pretentious way of saying “programme”.

“My predominant training modality is metcon, but I might switch to a classic hypertrophy protocol.”

MUSCLE CONFUSSION

Noun

1. Changing your modality frequently with exercises to prevent plateaux (but not so often than you don’t give yourself time to progress at anything).

2. What you get when you walk into a gym for the first time.

MYOFASCIAL RELEASE

Noun

Fancy word(s) for massaging your muscle-stabilising connective tissue (fascia), usually with a foam roller, to reduce post-exercise soreness and increase mobility. Can be performed as a warm-up, cool-down or, if you’re cheating, instead of actually training.

See also: *low-impact, massage, pain cave*



PLYOMETRICS

Noun

A training modality favoured by elite athletes that involves jumping or bounding, eg box jumps and clap press-ups. Highly effective for developing power, improving athletic performance, and showing off.

PROPRIOCEPTION

Noun

Your body’s non-visual sense of where all its parts are in space. Enhancing it, usually by balance exercises with eyes closed, improves athletic performance and prevents injuries.

Isolation

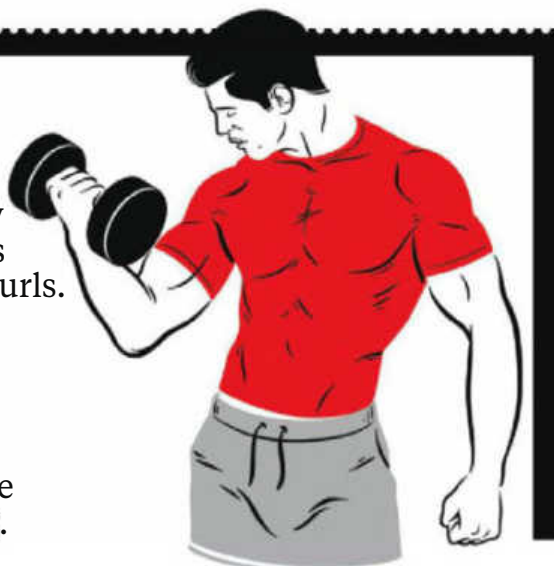
Adjective

An exercise that targets one muscle and is not very effective for metcon, but is quite enjoyable, eg bicep curls.

See also: *loading the guns*

Noun

What you experience at the gym on Saturday morning.

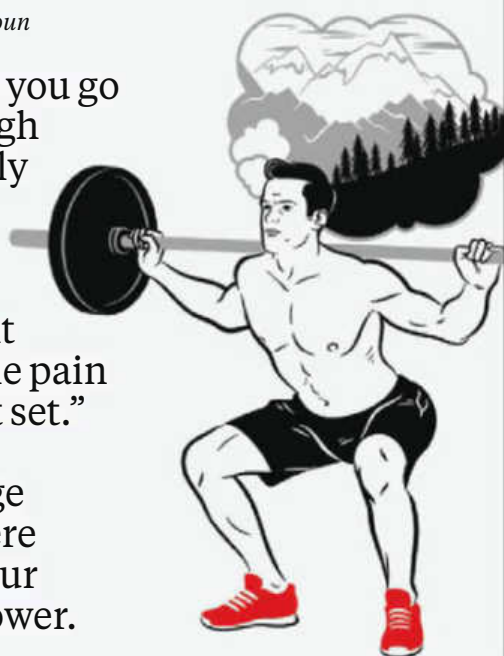


Pain cave *Noun*

1. The place you go to get through a particularly gruelling workout.

“Man, I went deep into the pain cave on that set.”

2. The garage or shed where you keep your Concept2 rower.

**RESOLUTIONARY***Noun*

One of the hordes of new gym members who invade in January, making it impossible to get on any of the equipment that you want to use for your giant set. Thankfully, they'll have given up by the time you read this.

See also: *newbie*, *working in*

ROM*Abbreviation**Range Of Motion*

1. The full extent of an exercise that makes it more effective and challenging, eg lowering to a dead hang in a pull-up, or thighs below parallel when squatting.

See also: *ass to grass*, *partial reps*, *cheat reps*, *DYEL*

2. Lack of mobility in a joint that prevents you completing the above.

See also: *hunchback*

SPOT REDUCTION*Noun*

1. The outmoded, disproven notion that exercises targeting specific muscle groups (eg hitting abs with crunches) can burn fat in that area. In fact, full-body moves like squats and deadlifts hammer your metabolism and chisel abs far more effectively than lying on a mat.

See also: *compound*, *bro science*

2. What happens when your spotter starts absentmindedly checking Instagram mid-set.

**STEADY-STATE***Noun & Adjective*

Cardio at a continuous, usually lower intensity. Not a total waste of time for, say, endurance, recovering from high-intensity training, or just creating an overall calorie deficit for fat-burning without burning out.

See also: *LISS* (Low-Intensity Steady-State)

Antonyms: *HIIT*

**SUPER SET***Noun*

Two exercises performed back to back to accomplish more work in less time, usually focusing on “antagonistic” (read: opposite) muscle groups so that one rests while the other works, eg chest and back.

TABATA*Noun*

1. Iconic HIIT protocol named after the Japanese professor who found that four minutes (20 seconds on, 10 seconds off) at max, gut-chucking effort was more effective than longer durations at lower intensity.

2. Fashionable, risibly short workout where “max effort” is replaced by 20 seconds of lacklustre planking.

WOD*Abbreviation*

Workout Of the Day: in CrossFit (which loves an acronym), a prescribed workout, often with a girl's name, that everybody in the “box” (CrossFit for “gym”) completes as a group. A bit like a disgustingly sweaty suicide pact.

WORK IN*Verb*

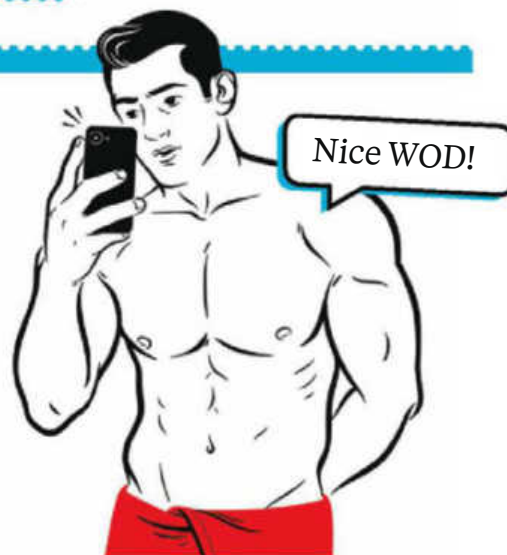
Take turns on equipment that is already occupied. NB Only request this if the user is hogging it and there is no alternative. Moving the pin in a weight stack is OK; swapping plates on a bar is poor form.

“Mate, how many sets have you got left to go? Mind if I work in?”

Swole *Adjective*

Extremely muscular; especially pumped up immediately after a workout. From “swollen”.

See also: *swelfie* (what you take when you're swole), *swoldier* (someone who is swole), *swolemate* (training partner), *swole patrol* (the act of training), *swole train* (destination: Gainsville), *swolar bear* (a hirsute swoldier), *swoleiosis* (when you're so swole it's sick)



A NEW ERA FOR FAST FOOD?

COMBINING QUALITY AND CONVENIENCE, SIS
WHEY20 IS THE NEW POST-WORKOUT PROTEIN
PUTTING FAST FOOD BACK ON THE MAP

Speed is important in a lot of areas of training, from sprint sessions to power workouts. But we typically think twice about how 'fast' our food is, especially after exercise. Enter SiS WHEY20 – a new product that is shaking up the rules, without the need for a protein shaker.

Designed for use post-workout, SiS WHEY20 tastes and looks like yoghurt, and packs in 20g of protein – minus the unnecessary carbohydrates and fats common in many shakes and recovery bars. The first product of its kind, SiS

worked closely with elite athletes like track cyclist Sir Chris Hoy to develop a readily available source of protein that requires no water, shaker or refrigeration.

The ultimate in fast fuel, SiS WHEY20 was built around scientific evidence that protein is the macronutrient most beneficial to muscle growth – and the more diverse the amino acid profile, the better. Through innovation and a close partnership with the world's leading experts and athletes, SiS WHEY20 provides a purer form of protein for superior exercise recovery.



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EXACTLY WHEN YOU NEED IT"

SIR CHRIS HOY

"WHEY PROTEIN IS AN
IDEAL SUPPLEMENT TO USE AS
IT HAS HIGH LEVELS OF THE KEY
AMINO ACIDS THAT SUPPORT LEAN
MUSCLE REBUILDING"

SIR CHRIS HOY

5 FAST FACTS

When the numbers stack up, your training results will too

01 LIGHTWEIGHT ENERGY

Containing only 88 calories, one WHEY20 packet makes a lightweight supplement that doesn't disrupt your regular meal routine.

02 COMPLETE PROTEIN

Every packet provides you with a complete profile of amino acids, including 7g of BCAAs – key for muscle growth and recovery.

03 TRAVEL-FRIENDLY

WHEY20's innovative formula is gym bag safe – there's no need to refrigerate.

04 SIMPLY WHEY

With 20g protein, 1.8g carbohydrates and 0.1g fat, WHEY20's simple formula ensures rapid absorption.

05 TAILORED NUTRITION

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ATHLETIC TRAINING PROGRAMME

Conquering a summit is the end game for any committed off-road runner.

The elation of pushing yourself to the limit in nature's fiercest arena and emerging not only triumphant but with a smile on your face is the reason we run. It's not an easy road, though – you need to earn the mountains.

Whether you're a regular attendee of this athletics church or confined to the urban jungle, training for a mountain race begins indoors. With The North Face's Mountain Athletics programme, you are gifted with myriad workouts and

progressive training sessions designed to transform you from office desk jockey to rugged trail athlete in a matter of weeks. The severity of your challenge makes no difference. No matter if you're training for an ultra – like the 50km Cortina Trail or your first off-road half marathon, the MA programme will develop specialist strength, so you're always training with that goal in mind. Not sure you're ready for the outdoors? The MA kit range is on hand to fast track your progress. Your journey to the summit starts here.



01

DYNAMIC MOVES

Building your body for a mountain run doesn't mean jetting off to the Highlands every weekend, sadly. Begin in the gym, focusing on key movements you're likely to encounter in a run. Weighted squats [2] and lunges [3] hammer your quads and core muscles preparing them for steep, rocky inclines, while battle ropes [4] and bodyweight presses [1] condition your whole body for the rigour of continuous off-road battering. Struggling on the flat? Interval sprints should do the trick.

02



03



04



CHALLENGE OF A LIFETIME

Tackling an ultra in the mountains is no walk in the park. You need to be prepared, which means committing yourself to that goal – and focusing your training. That desire to push your mind and body in pursuit of an astounding natural challenge is

embodied in the Mountain Athletics range. The Kilowatt tee, shorts and jacket are all engineered to survive fast-paced, intensive training, both in the gym and in the mountains. This is the kit that will make mountains surmountable – if you're willing to put in the effort.



APP & COMMUNITY DETAILS



The North Face Mountain Athletics app is available to download on the App Store for free. Sign up and register your details to receive weekly training programmes dedicated to your outdoor pursuits. Need a little extra motivation? Weekly classes run (literally) from the store on Regents Street, London, led by ultra marathon experts.



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STYLE

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MAN'S

SPRING

STYLE

TOOLKIT

Don't overcomplicate your seasonal switch-up. The key to navigating the thawing winter with insouciant style is to pick pieces that dress up, down and anywhere in between. This is your user manual on what to wear – and how to wear it – until the clocks go back

PHOTOGRAPHY BY TIF HUNTER
ILLUSTRATIONS BY ADAM NICKEL
STYLING BY RICCARDO CHIUDIONI
WORDS BY TOM BANHAM



SPRING STYLE / YOUR ESSENTIAL TOOLKIT



01

JOIN THE SNEAKER PACK

Menswear's recent embrace of comfort over clean lines has turned the trainer from something lusted-over by 16-year-olds into something longed-for by older, wiser, sprezz obsessives. We're not talking Yeezy Boosts: "Minimalist pumps made from quality materials take the edge off an otherwise formal look so you don't seem overdressed," says James Lawrence, head of menswear design at Asos. Face wipes will keep them boxfresh. £259 Common Projects at oki-ni.com



01

BEGINNER

The white trainer's natural habitat is nestled under denim: the darker and stiffer the better. Strategically applied duct tape inside the hems will prevent indigo dye in the raw denim from spoiling your pristine kicks.

02

INTERMEDIATE

If your shoes are unadorned – no logos, no coruscating colourways – then there's no reason why they can't sub for leather uppers. Wear with a slim blue suit and rollneck to dial down the stiffness and pep up your office garb.

03

EXPERT

Dope kicks are statement items: they need the right strides to show them off. "Wider-legged trousers cut a youthful look when hemmed at the ankle," says Lawrence. Top with a cropped jacket to balance out the silhouette.

**02**

BLUE JACKET REQUIRED

There's a fine line between smart-casual steez and barroom bore at the yacht club, and it's invariably defined by buttons. For a safe rule of thumb, avoid anything oversized, gold or anchor-printed, and a navy blazer can pretty much work anywhere. "You can get away with a vibrant shirt underneath this jacket because it's softened by the blue tone," says Sam Kershaw, buyer at Mr Porter. "It also provides a contrasting backdrop if you want to pair it with bolder colours." £570 Tomas Maier at mrporter.com

01**BEGINNER**

"For a softer take on the classic lounge suit, dress up your unstructured blazer with a shirt and tie," says Kershaw. A two-tone number with the blazer's shade echoed in the subordinate tone will mesh the look.

02**INTERMEDIATE**

Hit the bullseye of the smart-casual Venn diagram with a white button-down shirt and slim, dark denim, suggests Kershaw. What you wear on your feet settles the deal: brogues add politesse, while trainers will keep it cool.

03**EXPERT**

A structured jacket demands a collar but soft-shouldered blazers are casual enough to work with a Henley shirt or crew neck. Try wearing yours with a loose-fitting white tee and smart shorts if summer makes a fleeting appearance.



EMBRACE ATHLEISURE

It wasn't so long ago that the sweat pant was acceptable in just a few scenarios: the gym, the sideline and the sofa. Now the luxury jogger is a menswear staple with everyone from Brunello Cucinelli to Uniqlo dabbling in don't-call-it-sportswear. "The key is to look for high-end materials and a neat, slim cut that tapers towards the cuff," says Damien Paul, head of menswear at matchesfashion.com. In other words, you're shopping as you would for good jeans. Sports Direct won't cut it.

Hoodie £40, trousers
£33 David Gandy
for Autograph



01

BEGINNER

There's a fine line between taking inspiration from the gym and looking like you're headed to one. Rather than matching your joggers with a sweat and tee, elevate the look with a button-down shirt and zip-up hoody.

02

INTERMEDIATE

Take a few tips from Yeezy and go full sportswear – joggers, loose hoody, Adidas Boosts – then shrug on an oversized overcoat to take your athleisure look to street-ready. Refrain from declaring your insuperable genius.

03

EXPERT

The peacocks of Pitti Uomo, Italy's fashion fair, are known for exuberant suiting: wide-lapelled blazers, knitted ties and cutaway collars. This year, however, the strides made way for tailored joggers. Consider following suit(less).



MAKE TIME FOR DOWNTIME

The ideal casual man's watch is dressy enough for work and nights out – think uncluttered dials and shimmering metals – but not so delicate that you can't wear it while propping up the barbecue. This inevitably means choosing an automatic timepiece rather than mechanical, but don't be fooled into thinking that this is a) a downgrade, or b) maintenance-free. "To keep an automatic ticking over, it needs TLC every couple of years from an accredited service centre," says The Watch Gallery buyer Muhaddisa Fazal. *Bremont White MBII £3595*



04



01 BEGINNER

A leather strap will suit any occasion, from pub crawl to boardroom. Just make sure you match it with your other hides: if the strap is black, so should your shoes and belt be; if it's brown, try to match tones rather than replicate.

02 INTERMEDIATE

Luxury brands such as IWC and Cartier have embraced the trend for waterproof, so feel free to dive in. A silicone band around the wrist will instantly moderate a formal dress code while creating a striking juxtaposition.

03 EXPERT

While purists might balk, the ultimate casual man's statement is to wear a luxury timepiece with a Nato strap. It says you know your onions but don't take yourself too seriously. See Bond's Rolex Submariner in *Goldfinger*.



KNOW YOUR KNITS

Aside from being softer than your legs after a day of deadlifts, cashmere's superfine fibres offer warmth without any of the bulk. That makes a cashmere sweater the perfect layering piece when the weather remains as unpredictable as the Chinese stock market. But make sure you're able to discern the good stuff: rub it between your fingers before buying – if it leaves a residue then it's probably been cut with low-grade wool.

£165 Daks

05



01

BEGINNER

Introducing your new failsafe meet-the-in-laws uniform: cashmere sweater, white shirt, chinos and monkstraps (see p125). The fabric says you've made an effort; the cut shows you've not overthought it.

02

INTERMEDIATE

"Wearing a crew-neck sweater beneath your jacket will always look less ceremonial than a shirt," says Paul. "It's perfect for transitioning from desk to drinks and will help you look smart, not stuffy."

03

EXPERT

Upgrading your fabrics means you can pull off downtime clothes in more upscale situations. A cashmere sweater will make tailored joggers and boxfresh white kicks brunch-appropriate.



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CHOOSE A TIE THAT BINDS

Ties are inherently stuffy, being essentially decoration with no practical purpose. To air them out, texture trumps pattern. "With its less precise, three-dimensional character and casually blunted end, a knitted tie will always look more nonchalant," says Kershaw. To enhance this, you should never tuck the rear blade into the label of the front piece. Care-wise, try not to hang them: knitted ties are best rolled and tucked in a drawer to avoid stretching the fabric. £105 Drake's



BEGINNER

01 Simply substituting a loosely woven knit for plain silk in an otherwise traditional suit ensemble will soften your look and imbue character. A darker shade is chic yet distinctive; a lighter shade brings some campus to court.

INTERMEDIATE

02 Keep the tie and white shirt, but switch the suit for a double-breasted blazer and chinos. Feeling a little too gentrified? Pairing with leather trainers will subvert the effect and keep your look out of the Rotary Club.

EXPERT

03 Don't presume neckwear only works with tailoring. A knitted tie's malleability means your options are *almost* endless: a crisp denim jacket works brilliantly; a leather biker jacket has potential; biker boots are a step too far, alas.



GO MONASTIC

Gleaming monkstraps might no longer be a prerequisite for dedicated dandy followers of #menswear forums, but among IRL style savants, buckled shoes endure. "Suede monks are great inbetweeners because they perfectly straddle the smart-casual divide," says Jason Broderick, menswear fashion director at Harrods. And while that means they're less stuffy than your office shoes, they'll still get you places your trainers won't. Should you fall foul of April showers, stale bread crusts will rub away stains.

£390 Tod's

01

BEGINNER

"If in doubt as to how to pull them off, err on the side of elegance: monkstraps are well worn with a precisely cut suit in a soft fabric," says Broderick. Opt for navy tailoring and socks a shade darker to elongate your legs.

02

INTERMEDIATE

Leave the smart-shoes-and-jeans combo to the Friday night lads in Wetherspoon's. Monks aren't so fusty, so they will elevate rather than diminish your denim. Pinroll the cuffs of your jeans to flash the buckle for extra elan.

03

EXPERT

Echo the monk's relaxed spin on formal footwear with a split suit – mismatched trousers and jacket – over a quality tee. Only ditch the socks if the weather calls for it; frost and mankles do not sit well together.



07

A full-page advertisement featuring David Beckham. He is standing in a room with large windows, wearing a light beige blazer and matching trousers over a light blue button-down shirt. He has his arms crossed and is looking off to the side with a serious expression. The background shows architectural details like window frames and a door.

Blazer
39.99

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GO FOR RAW POWER

"Raw indigo should be the staple denim ingredient in every man's wardrobe," says Christopher Fisher, head buyer at Oki-Ni. "The darker and less distressed the material, the more adaptable it is." Caring for raw denim is the most keenly debated topic for denimheads, but you won't go wrong with this simple rule: the longer you can keep new jeans out of the machine the better – six months is ideal for a good fade. In emergencies, spot-clean with Mr Black's odour-killing Denim Refresh. £140 Edwin

08



01

BEGINNER

Double down on raw denim's workwear heritage and pair with equally hardy, time-honoured surrounds: a grey crew neck, biker jacket and Converse Jack Purcells will give off a no-nonsense and ironically fresh vibe.

02

INTERMEDIATE

The same rules for split suit separates apply here if the denim's dark enough – so, darker than your navy blazer. Dress up with a white shirt, air tie (top button fastened, no neckwear) and chunky brogues for a clean aesthetic.

03

EXPERT

Double denim is now officially off the sartorial Banned List and, in some cases, positively #trending. Contrast is key: dark jeans with a lighter, bluer jacket works best, with light distressing of either one to accentuate the difference.



09

REINFORCE THE POINT

The right bag should be a chameleon; as comfortable next to a suit as a tracksuit. It should also be spacious enough to carry two days' worth of clothes and built to withstand the rigours of travelling. "Durable fabrics and fastenings are key for handling stress," says Topman design director Gordon Richardson. Look for metal fastenings and reinforced seams at the load points – where the handles are attached is a big one. "An easy-to-access pocket for your passport will save you a world of time, too" suggests Richardson. £570 Michael Kors



01

BEGINNER

Briefcases are for civil servants or those with limited post-work plans. Make the weekend your Friday bag and remove the need to choose between taking a casual change or your laptop to work. Go home on Sunday.

02

INTERMEDIATE

There's nothing to say you can't use a bag like this for the gym, especially as it has sufficient storage for a towel, change of clothes and, crucially, shoes. Those tailored joggers are also a nod to the athleisure trend.

03

EXPERT

It is entirely plausible to use this as an everyday bag, too. It's larger than necessary, but using it to stash a raincoat, umbrella and sunglasses for the changeable spring weather will keep you ahead of global warming.



GET PREPPED & READY

The classic white shirt is a staple. But, crucially, not all white shirts are classics. Leave your Harry Hill collar to Marcus on the trading floor and think Ivy League: "A button-down Oxford has a soft basketweave texture that makes it more casual," says Trunk Clothiers' Mats Klingberg. To ensure it passes the Daz challenge, wash at 40°C (no higher) with other whites. £20 Uniqlo



01

BEGINNER

That navy suit with your monkstraps is a solid place to start. The less formal cut of your shirt will help to complete the tailored casual look. The only side-eye you'll get from the boss will be a peek of jealousy.

02

INTERMEDIATE

"To graduate to full Ivy League, wear your button-down with other preppy mainstays such as chinos and loopback sweatshirts," says Klingberg. But careful: think early '60s McQueen rather than frat-house jock.

03

EXPERT

The beauty of the Oxford shirt is its unobtrusive versatility, meaning it's ripe for experiment. To really play with your identity, take a Tokyo spin on college style with wide-leg wool trousers and a raglan-sleeved jacket.



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LOOK LIKE THE BOMB

A good blouson jacket –

that's a bomber to you and us – can be the workhorse of your spring wardrobe. "It's the ultimate off-duty piece," says Broderick. "It will either complement or complete most looks, elegant or relaxed."

Lightweight nylon versions are ideal for layering in these transitional months, adding both warmth and weather-proofing when the forecast looks precarious. Just make sure you hang it up to dry if you get caught so that it doesn't lose its shape.

£260 Michael Kors at Harrods

01

BEGINNER

"For an effortless understated look, keep it simple and team with good jeans and sleek trainers," says Broderick. Layer up or pare down depending on the weather conditions; as a rule, though, less is more with this get-up.

02

INTERMEDIATE

Take your style cues from '70s skins and bovver boys by wearing with a slim checked shirt, cuffed jeans and reconstructed clodhoppers (think Grenson, not Doc Martens). Just don't actually kick anyone.

03

EXPERT

A waistcoat can imply many things in 2016 – that you are a member of Mumford & Sons, for instance – and few of them good. Swap in a blouson, half-zipped, over a shirt and knit tie to give your tailoring instant sports-luxe.

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What's more, with Muscle Food, it's possible to have your cake and eat it too – the

site also offers a delicious range of high protein snacks, prepared meals and fresh produce. That's why musclefood.com is the obvious one-stop shop for the likes of boxer Ricky Hatton and England rugby captain, Dylan Hartley.

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MH QUIZ
SEROTONIN
NO.24

HAS YOUR BRAIN BEEN HIJACKED?

So-called 'happy hormone' serotonin gives more than just your mood a hit. Take our quiz to optimise your levels for maximum mental efficiency

Q1\

First things first: what exactly is serotonin?



☐ A
An amino acid



☐ B
A neurotransmitter



☐ C
Erm, isn't he a DJ?

B Serotonin is a neurotransmitter hormone – a chemical that relays messages from one part of the brain to the other. And while it's true that most people associate it with mood changes, serotonin also communicates whether you're tired, hungry, horny... or, more likely, all three.

Q2\

Which of the following has been trialled as a serotonin-lifting antidepressant?



☐ A
Ketamine

☐ B
Cocaine

☐ C
Gin & tonic



A Japanese scientists believe ketamine may boost serotonin activity in brain areas linked to motivation. We advise leaving experimentation to the pros. In the meantime, natural supp 5HTP is shown to ease depressive symptoms. Luckily, there's no such thing as being in a '5HTP-hole'.

Q3\

High serotonin levels make you better at...

☐ A
Making friends

☐ B
Dancing

☐ C
Public speaking



ALL Dancers have higher levels of serotonin, reports the Public Library of Science, which in turn makes them better social communicators. Two left feet? Northumbria University found you can fake disco skills by moving the top of your body, and twisting your knee as you gyrate.

Q4\

How do SSRI antidepressants affect serotonin production?



☐ A
You produce more

☐ B
You make less of it

☐ C
It's not that simple

C After transmitting a message in the brain, serotonin is reabsorbed. Selective serotonin reuptake inhibitors (SSRIs) block this process, making more of the stuff available for use. However, *Neurochemistry International* suggests long-term antidepressant treatment could lead to a drop in production as the body adapts. Worried? Consult a pro – not Dr Google.

Q5\

Serotonin controls the growth of your ____



☐ A
Hair



☐ B
Bones

B High serotonin slows production of new bone, says Columbia University. If drugs (prescribed or, um, otherwise obtained) have caused your levels to spike, you can limit the damage with two strength-training sessions a week. Hardcore lifting will ease a heavy habit.

Q6\

On average, how much of the body's serotonin hormone is produced in the gut?



☐ A
20%



☐ B
50%

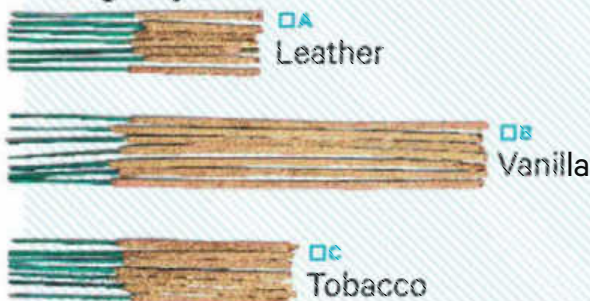


☐ C
90%

C Which means digestive imbalances can alter your mood. Taking probiotics raises activity in parts of the brain that favour reason over impulse. Ironically, you'll be *less* likely to go with your gut.

Q7\

Which of the following fragrances can give your levels a boost?



B Select your scent accordingly. Scientists at St George's Hospital in London found that volunteers who sniffed vanilla patches boosted serotonin production, which – in turn – eased their cravings for carbs. We'd advise against testing this theory with a tub of ice cream, though.

Q8\

When you fall in love, your serotonin levels...



A Falling hard causes your S levels to crash, while boosting adrenaline. Low serotonin is common in those with OCD, says Prof Mary Lynn of the Loyola Sexual Wellness Clinic, which explains why we think about little other than our partner during the early stages of dating. Just ride it out.

Q9\

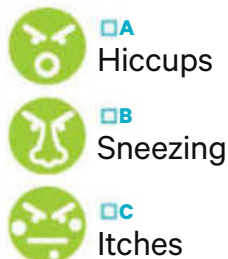
Tryptophan helps your body produce serotonin. Score yours from...



A Soy products are packed with the nutrient, found *The New England Journal Of Medicine*. Ardent carnivore? Turn to p22 for our guide on how to make fake meats great. We'll win you over.

Q10\

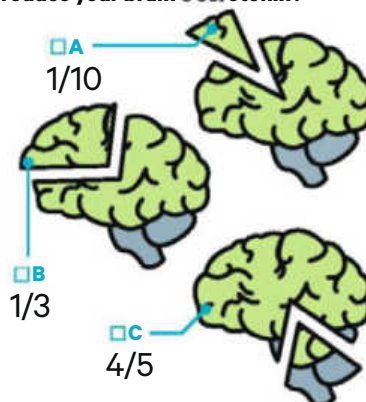
Which of the following is aggravated by serotonin?



C High levels make your skin itchier, Washington University scientists say. Scratching that itch can, of course, induce pain. Your body then pumps out more serotonin to ease the pain. Which makes your skin feel even pricklier (see how this works?). Numb itches with an ice cube, not your nails.

Q11\

By how much can an MDMA habit reduce your brain's serotonin?



C Ecstasy can quickly turn to agony. In heavy users, serotonin has been seen to drop by 50-80%, triggering recall problems. Run it off: aerobic exercise pumps up your hippocampus, the area of the brain involved in memory.

Q12\

People with social anxiety are more likely to have...



A While you might expect too little to give you clammy hands, it's likely be the opposite: Uppsala University scientists discovered that men with social phobia overproduce serotonin, making them sensitive to social cues. The fix: pre-party sex. Uni of Paisley scientists say having sex the day of a social situation cuts stress.

Q13\

What happens when a person with low serotonin levels drinks alcohol?



B If you become brash and aggressive after a few pints you might (we said *might*) be able to blame genetics. According to the University of Helsinki, people with defective serotonin-2B receptors are more likely to "get into arguments and have unplanned sex" when drunk. If this prompts memories of Friday night, quash the idea that eating is cheating: carbs and protein will attenuate some of the damage.

SUPERCHARGE YOUR TRAINING

WHETHER IT'S A NEW PB ON THE SQUAT RACK, AN ADVENTURE RACE LIKE SURVIVAL OF THE FITTEST, OR A PERSONAL BODY FAT GOAL – SUPERCHARGE YOUR WORKOUT ROUTINE AND WORK TOWARDS YOUR TARGETS

Take a quick look around the gym and it's clear that wearable technology is on the rise. Belts, straps and watches motivate us to run one more mile; do one more rep; power through one more set. When you're in training for a major fitness challenge, maintaining your motivation levels over months of preparation is essential – and what better way to keep your eye on the ultimate prize than with constant feedback about your progress?

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WHAT

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01 Make a strong cup of your favourite brew or Bulletproof Coffee inventor Dave Asprey's specially formulated blend.

02 Add 2tbsp unsalted grass-fed butter (pay special attention to the unsalted bit or that creamy brew will become a nose-wrinkling concoction).

03 Add 2tbsp of Bulletproof Coffee's own MCT oil or substitute with coconut oil.

04 Blend on a powerful setting until a layer of foam settles on top. Knock it back and prepare for a surge of superhero strength.

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Connect Abs

Q14\

Zinc helps your body build serotonin. Your best source is...

- ☐ A Beef steak
☐ B Pumpkin seeds
☐ C Chickpeas

A While all of the above pack a decent punch, beef tops the list. Chuck all three in a salad, or serve your grilled sirloin with a mash of butternut squash – also high in the mineral. It's hardly going to make your mood any worse, is it?



Q15\

Which unlikely element can lift your levels of the hormone?



- ☐ A Wind
☐ B Rain
☐ C Mud

C Studies from the University of Bristol found that the microbes in mud can actually boost your S levels as much as drugs. Even better, you don't need to dig out £95 for a full dead-sea body wrap to enjoy the benefits. You just need to 'expose' yourself to dirt. Trade in gym time for outdoor sports or gardening.

Q16\

Altering your levels affects your love life...

- ☐ A True ☐ B False

A Taking pills designed to boost serotonin could make it harder for people to form close bonds, say Rutgers University anthropologists. Upping your levels may impair other chemicals involved in desire and physical arousal. Speak to your GP if you've lost that lovin' feeling.



Q17\

Low serotonin can make you...



☐ A Thirstier



☐ B Angrier



☐ C Smarter

B Research from the University of Cambridge has linked suboptimal levels of the hormone to aggression. Scientists posit that serotonin depletion affects the rational prefrontal cortex part of your brain, making emotional regulation harder. The antidote: a hefty hit of the amino acid tryptophan. A turkey sandwich will calm your hanger.

Q18\

Which of the following fitness pursuits offers the biggest serotonin boost?



☐ A Yoga



☐ B Hiking



☐ C Bodybuilding

B Combine your mountain poses with, well, actual mountains. While yoga carries plenty of mental benefits, a study by the *Brazilian Society of Rheumatology* found that aerobic exercise beats stretches for hiking up your serotonin. Weight-training will have some positive effects too (do you even lift your mood, bro?), but with further research showing exercising in green space induces positive feelings, you've no excuse to keep it all inside.



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RUNNER'S WORLD

ZXU



Q19\

On average, men make more serotonin than women. But how much more?



C It's science, not sexism: Uni of Montreal studies found that men's brains make more of the mood-stabilising chemical. However, women are more likely to seek support for mental health issues, which has been attributed to social factors. Take a cue from your better half: speak up if you're feeling low.

Q20\

Folate deficiency has been shown to deplete your serotonin. What should you eat to stay topped up?



A Lentils are an ultra-rich source of the B vitamin folate, according to the *Journal Of Agricultural Food Chemistry*. Spinach is also a go-to, so double dose with a lentil and spinach curry. How many worries do you have? Naan.

Q21\

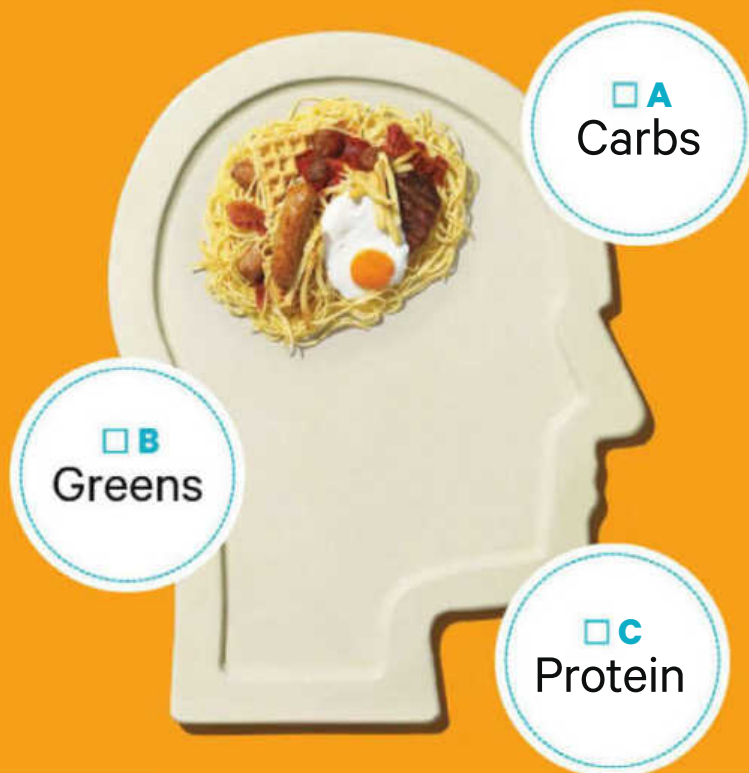
At which time of year are your serotonin levels lowest?



D Your levels fall with the mercury, which is (part of) the reason why most of the people you know have been tired and grouchy since January 1st. Until summer, your commitment to fitness will help things: studies in the *American Journal of Clinical Nutrition* show that training to the point of fatigue increases serotonin and fellow pleasure chemical dopamine.

Q22\

If you're feeling down, which food has a similar effect to antidepressants?



A Oh, don't act surprised. According to a study in the journal *Obesity Research*, carb-binges trigger serotonin release, leading to a delicious but short-lived high. Next time you feel the urge to self-medicate, try one of the other proven mood-boosters on these pages before succumbing to the call of the bakery aisle.

Q23\

Cannabis causes your levels to...



A&B McGill University found that, at low doses, using cannabis boosts the serotonin levels in your brain. But regular use can leave you in a chronic situation, as levels start to drop with heavy usage. No smoke without fire.



How did you score?

0-10 BRAIN DRAIN

There's no reason a low score should make you dysphoric. Unless, that is, you're British: Warwick Uni researchers found that stoic Brits are born with lower-than-average serotonin. A trip abroad could help. *FASEB* journal has linked higher vitamin D to stable levels of the happy hormone. Let the light in.

11-17 SOUND OF MIND

You know a fair amount about your brain's messenger system, so here's an easy win for you: eat more tuna. The *Alternative Medicine Review* found that a vitamin B6 deficiency can severely impact your S levels. Happily, one can o' fish supplies a whopping 59% of your RDA, helping to re-tuna your brain.

18+ HEAD STRONG

A happy result. Here's another reason to be cheerful: chocolate contains precursors to serotonin, as well as the pleasure chemical phenylethylamine. Uni of Sussex studies have shown that the buzz from eating dark chocolate is more powerful than kissing. If you can combine the two, all the better... 🍫



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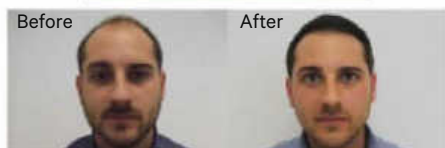
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ONE WORD ANSWER #23

QUESTION

**What's sweet,
red and keeps
teeth white
all over?**

As a runner-up only to red wine and chicken tikka masala in its guaranteed ability to stain your favourite white shirt and/or expensive carpet, beetroot might seem an unlikely tooth-whitening ally. But while home-bleaching kits will only ever patch up discolouration, it seems beets actually get to the root cause.

In a study from Austria's University of Applied Sciences, volunteers who drank beetroot juice became veritable dentists' pets. Researchers have discovered that the veg's high nitrate

content inhibits the growth of lactic acid bacteria, which can lead to tooth decay and cavities if left unchecked.

It's not all mouth, either. Sloppy oral hygiene has also been linked to cardiovascular disease, meaning a regular shot of liquefied beets could be as beneficial for your heart as your gnashers. We suggest blending yours with carrots, spinach (both nitrate-packed) and apples (so it doesn't taste like something extracted from a compost heap). Then chug it back and endure the lip tinting. Purple stain, purple gain.

THE FRESH WAY
TO BEET DECAY IS
IN YOUR FRIDGE

ANSWER

Beetroot

MH EVENT

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Men'sHealth

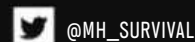
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All the best brands, all the key pieces
THE MENSWEAR HALLS AT HARRODS

Men'sHealth

ACTION

LOOK GOOD, PERFORM BETTER

LICENCE TO DRIVE

Stick bad golf threads into the bunker and aim for Harrods' new activewear pop-up space. It's Urban Active to a tee

Photography PAUL CALVER
Styling RICCARDO CHIUDIONI

SWEATER £45, HAT
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GLOVE DUNLOP
STYLIST'S OWN

"I'm the best," Muhammad Ali famously said of his golf game. "I just haven't played yet." Whatever you're playing off, your attire should not be your handicap. So the new golf and sailing pop-up, opening this month on the fifth floor of Harrods, is a welcome drop. "We wanted to create a room that enhances our customers' sporting wardrobe, where you can buy both leisurewear and performance clothing," says Jason Broderick, Harrods' menswear fashion director. The distinction is key: sports clothing tends to be over-engineered, driven by functional features such as breathable materials and extra pockets. Pulling in golfing big-hitters J Lindeberg, Galvin Green and an exclusive leather bag range from Nike, as well as Musto Sailing and North Sails, upping your style game will be a hole in one. Harrods.com



CASH IN THE AT-AT

When the force awoke it unleashed a new army of merch. Find the collectible among the disposable for empirical returns

With the release of *The Force Awakens*, fashion (and just about everyone else for that matter) spaced out and went into production hyperdrive. But it's not just the fact that *Star Wars* is on-trend that makes for exciting times – historically, the film's memorabilia has become astronomically collectible.

"Memorabilia as an investment is never a surefire thing" warns Kathy Taylor, *Star Wars* expert at Vectis, the world's largest toy auction house. "But it's often items you'd never dream of keeping that fetch big money. Last year we sold a Death Star pencil sharpener for £200." Elsewhere, original '70s figures in mint condition "would now command up to £30k," says Taylor. And so, with both your style and wallet in mind, we've selected new *Star Wars* kit worth searching the galaxy for.

CHOOSE WISELY

Use the force, and these tips from Kathy Taylor, to ensure no investment is a waste of space



IF IN DOUBT, BRICK IT

"Lego is worth buying; it's only released for so long before it changes. Bear in mind that people collect Lego, as well as *Star Wars*, so there's a double hit there."



01/HEAD CASES

For those who fear picking up the wrong bag at airports, Samsonite created this Darth Vader case. OK, it might be aimed at kids, but with his cold dead grill staring at security staff, Vader can make long-haul fun. £89 samsonite.co.uk

02/YOUR STAR BUY

Invest in a *Star Wars* T-shirt that doesn't scream 'lonely html expert'. Brit streetwear label Chunk has given iconic images a wry twist; this Bowie-inspired Starman T ticks all the collectible boxes. £34 chunkclothing.com

03/WATCH THIS SPACE

Known for its cleverly designed watches, Nixon was well placed for a *Star Wars* alliance. Items in its Dark Side Collection: Part 2 riff on key characters. We like this black Imperial pilot ranger model. £195 nixon.com

04/NOTED ARTWORKS

Hemingway's preferred notebook manufacturer has decorated its diaries with *Star Wars* imagery. Arguably the item in this edit that will get the most use, its striking artwork is a welcome upgrade. £20 store.moleskine.com

05/SUIT AND TIE

It's hard being a *Star Wars* fanboy in a corporate job. Fortunately, French accessories manufacturer S.T. Dupont has a way to show your loyalty: a smart black document holder with a TIE Fighter fastening. £995 harrods.com

06/FOOTSOLDIERS

Should you get stranded on the Tatooine desert planet, Havaianas has you covered. With images of the film's characters printed on the flip-flops' soles, this is a more subtle way to pledge your allegiance. £24 havaianas-store.com

07/CRUSH THE REBELS

So suited is this TIE Fighter to duty as a nutcracker that it makes you wonder whether the Imperial fleet's fighter was dreamt up over a bowl of Brazils. It will sit inconspicuously in your kitchen, ageing with aplomb. £35 thefowndry.com

08/STELLAR STREETWEAR

Arguably the man who reignited fashion's *Star Wars* love affair, Bobby Abley featured characters from Chewy to Bobba Fett in his AW15 show. This Stormtrooper T is where high style meets nerdism. £330 bobbyabley.co.uk

09/COAT OFF THEIR BACKS

It's not often we advocate dressing like a sci-fi icon, but this collection from biker brand-turned-fashion label Matchless is a smart exception. The stellar X-wing blouson jacket is ideal for chilly spring evenings. £979 matchlesslondon.com



PERFECTION AWAITS

"When you're buying to keep, items must remain perfect. Store them out of the light, at a constant temperature – even factors like keeping the original sellotape help."



ATTACK OF THE CLONES

"First editions are often more valuable, as later editions are introduced to fix any inaccuracies. These early variants can then become rare."

FINE-TUNE YOUR WORKOUT

Music has long been proven to ease the pain of exercise. Spotify's data-heads show you how to turn up the benefits

Illustrations ALCONIC - Words MATT HAMBLBY

DO YOU EVEN (STILL) LIFT THOUGH BRO?

The three most popular artists featured on Spotify's 'workout' playlists – and the length of time since they last posted from the gym on Instagram

JUSTIN BIEBER

6 WEEKS AGO



DRAKE

33 WEEKS AGO



EMINEM

121 WEEKS AGO



BEAT THE SYSTEM



120-140 The optimum BPM for exercise, according to research from Liverpool John Moores University



115 The average BPM of the top 10 running songs listened to on Spotify



190 Keep pace with this BPM to run a six-minute mile (try Metallica's *Battery*)

AND RELAX



30%

The amount Kygo features in Spotify's top 10 chillout songs. May we suggest Jamie XX?

MIXED MESSAGES



- 'TILL I COLLAPSE EMINEM
- NARCISSISTIC CANNIBAL KORN
- BREAK STUFF LIMP BIZKIT

The internet's three favourite songs played during some heavy weightlifting

THE WEIGHT IS OVER

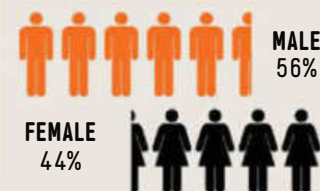
20 MINUTES

Total duration of the top five weightlifting tracks on Spotify. Conveniently, it's also that of *MH's* Fat-Torching Supersets Workout (try it out at menshealth.co.uk)



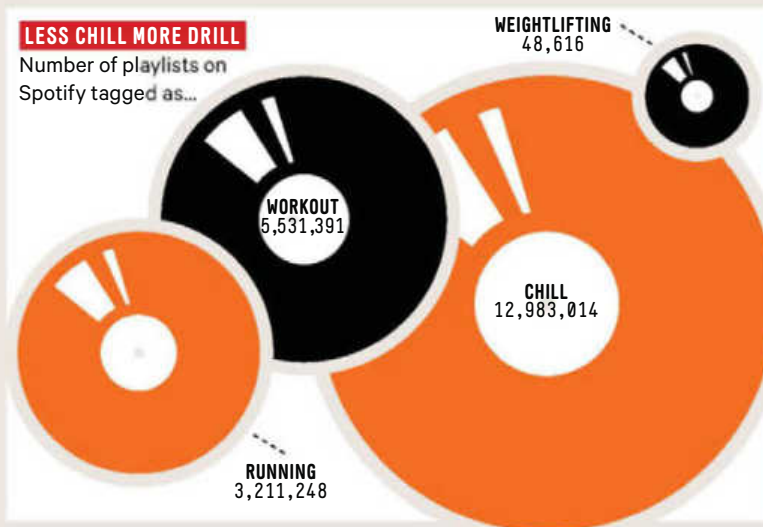
THE WHO

Here's how Spotify users break down by gender



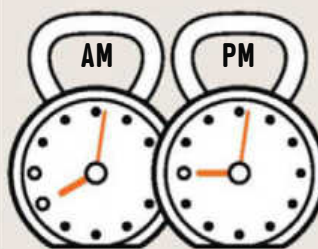
LESS CHILL MORE DRILL

Number of playlists on Spotify tagged as...



WORK OUT THE TIME

Want to train in peace? Avoid lunchtime (especially noon) when workout playlists hit their peak number of listeners. If you can work it, 8am, 9am and 8pm are better alternatives



REALLY SLIM SHADY



Pounds Eminem lost when he took up running, peaking at 17 miles a day

MUSIC TO OUR EARS



26.2

The number of miles you could run while listening to the *MH* Ultimate Workout playlist

15%

JUSTIN CASE

The boost to your stamina if you listen to music, according to Brunel University. Music helps distract the body from pain – in which case, it's probably best to avoid Bieber



The Uppercut loafer
www.russellandbromley.co.uk

Russell & Bromley
LONDON

DON'T DROP THE BOMB

Designed for US wartime pilots, a flattering crop and timeless lines have made the bomber jacket an enduring streetwear staple. This spring they'll be taking off, so invest wisely

Photography PAUL CALVER
Styling RICCARDO CHIUDIONI
Words MATT HAMBLBY

01

UNSEEN DETAIL

Stone Island's fabric and dyeing processes aren't always obvious to the naked eye, but the end result – the way the jacket looks and feels – most certainly is. Being dyed under pressure at 130°C has given it a lightweight, water-resistant texture somewhere between brushed cotton and rubber, which isn't apparent until you touch it. A stealth bomber, if you will.

BOMBER £450 STONE ISLAND
-
CARDIGAN £462 PAUL & SHARK
-
POLO SHIRT £50 ORIGINAL PENGUIN
-
TROUSERS £159 TIGER OF SWEDEN AT HARRODS
-
TRAINERS £460 BRUNELLO CUCINELLI
-
SUNGLASSES £310 CUTLER AND GROSS

02

SIMPLE PLEASURES

This cotton bomber is made by AMI (pronounced amee), a French brand great at doing good things simply. The jersey cuffs and hem are a nod to the archetypal bomber design, while the twill material makes it light enough for summer evenings. Ironical, since bombers were intended to keep pilots warm.

BOMBER £315 AMI AT HARRODS
-
SWEATER £55 AND TROUSERS £50 BOTH FARAH
-
TIE £85 HARDY AMIES
-
SHIRT £280 KILGOUR
-
SHOES £95 DUNE
-
WATCH £2600 NOMOS GLASHÜTTE
-
GLASSES £143 GLINTS

05

THE NUMBER OF PLANES YOU MUST SHOOT DOWN TO QUALIFY AS AN 'ACE' FIGHTER PILOT

04

IN THE PINK

This AllSaints nylon bomber (with cotton lining to stop you sweating buckets), is Athleisure 101. Described as 'dusty pink' but actually closer to grey, the curved collar and loose sleeves with arm pockets are neatly reminiscent of the original Naval issue MA-1 bomber jacket.

BOMBER £258 ALLSAINTS

T-SHIRT £135 COACH
AT HARRODS

TROUSERS £145
AND BOOTS £300
BOTH APC

WATCH £600
UNIFORM WARES

05

DESIGN CONSCIOUS

Christopher Raeburn works hard to promote sustainability in his collections, sourcing reclaimed materials where possible, for clothes as ethical as they are epic. This jacket's cork panels, inspired by Borneo tribesmen, are camel coloured, which is as versatile a spring colour as you could want for.

BOMBER £495
CHRISTOPHER RAEburn

SWEATER £175 MICHAEL
KORS AT HARRODS

TROUSERS £380
WOORYOUNGMI

TRAINERS £285
NUMBER 288

WATCH £215 G-SHOCK
AT HARRODS

03

SWISS MOVEMENT

As you might expect from the makers of the Swiss army knife, this cleverly designed jacket from Victorinox is reversible, lightweight (700g) and – thanks to subtle insulation – disproportionately warm for its size. Printed with a Swiss map, we think it rather looks the part, too.

BOMBER £325
VICTORINOX

JUMPER £310 SOLID
HOMME AT HARRODS

TROUSERS £90 EDWIN

SHOES £145 RUSSELL
& BROMLEY

WATCH £1850 NOMOS
GLASHÜTTE



01/ TAG HEUER CONNECTED £1100

The latest of 2015's flurry of luxury Swiss smart watches, realised through a very public collaboration with Intel and Android, the versatility of this titanium-cased, sapphire touchscreen beaut will make your head spin. Whatever your Android can do, your watch can display, with over 4000 apps available via the website. Its resting face is the conventional Carrera dial, and you dive into its vast functionality by tapping the chronograph subdials. When the tech becomes obsolete, TAG will trade your watch for an equal-priced mechanical Carrera.

02/ MONTBLANC TIMEWALKER URBAN SPEED E-STRAP £2335

The first hint that major lines of communication had opened between Switzerland and Silicon Valley was in January 2015, at the SIHH fair in Geneva. There, Montblanc took everyone by surprise with its TimeWalker Urban Speed e-Strap, combining a traditional mechanical watch with a separate OLED-screen Bluetooth dongle beside the clasp showing text, call and social media notifications and feeding motion activity back to your phone. It's basic display-wise, but keeps things discreet should you fear your 'proper watch guy' status be dented.

03/ BREITLING EXOSPACE B55 CONNECTED £6650

Of all the 'connected' luxury watches due to come out of Switzerland this year, the most likely entry to this brave new world is, arguably, Breitling, which already makes its own

cutting-edge quartz movements to kit out a range of pro-spec pilot watches. The B55 Connected is brilliantly intuitive, updating the B50 Cockpit watch by connecting it to a 'cockpit' app on your smart device, which displays all your flight info.

04/ MONDAINE HELVETICA N01 SMART B44 BOLD £650

Designed in tribute to the classic Swiss typeface, this smart watch is the best at remaining a 'proper watch', thanks to its super simple analogue display. Its cleverness lies in the subdial at six o'clock. This isn't a calendar, but a percentage representation of your activity or sleep goals. Set via an app on your phone, motion is picked up by an ultra-sensitive sensor that'll monitor your sleep patterns from under your pillow. Bonne nuit.

TIME MACHINES

The Apple Watch didn't so much unwind as inspire horologists. These aren't smart watches – but they are very clever indeed

Apple's first timepiece was the biggest tech launch of 2015, cementing the formerly rather niche 'smart watch' sector as very much A Thing. But while its functionality is just as intuitive and beautiful as you'd expect from Apple, it is still – like the Sony, Samsung and other 'wearables' that preceded it – pretty much a gadget attached to a strap. Anyone who regards their

'instrument for the wrist' as an essential sartorial accessory is poorly served by the shiny black void of a sleeping touchscreen. Fortunately, for the man who wants to rock a decently crafted timepiece while enjoying the convenience of mobile phone alerts and flight information at the tug of a sleeve, with a sleep monitor on tap, Switzerland's watchmakers have responded right on time.



VICTORINOX



VX BOMBER

95/96 New Bond Street, London



MAKERS OF THE ORIGINAL SWISS ARMY KNIFE | ESTABLISHED 1884

A POP OF RED
GIVES THESE
AVIATORS HIGH
ATTITUDE

BRIGHTER SHADES

For sunglasses that say fun times, not fun police, see Prada's colourful aviators

Like that other spring staple, the bomber jacket, aviator sunglasses were designed to protect pilots from the elements at high altitude. It was their deep lenses, light wire frame and padded crossbar and arms, comfortably holding them in place, that elevated them to classic status. However, the fact that their design has stood the test of time doesn't exempt them from a little reimagining, especially

at the hands of the ever-inventive Miuccia Prada. In painting the frames bright citrus colours, the Italian design house has bestowed a sense of fun upon this often austere and anonymous style – and, by extension, upon the wearer, too. When the sun eventually does come out, heighten their effect with a T-shirt and equally bright printed shorts. [EPOA prada.com](http://EPOA.prada.com)



WWW.FARAH.CO.UK

01

There Is No Dress Code

Californian designer Rick Owens' signature look is grunge – expertly cut of course, but grunge nonetheless: drop-crotch shorts, impeccable leather biker jackets and loose-cut T-shirts in dirty shades of black and grey. It's often overlooked, though, that Owens is also one of the flag wavers for relaxing the way we dress, choosing to make lo-fi clothes in luxe fabrics. When combined with Miuccia Prada's light, grey overcoat – cut short in the sleeve as it's meant to be worn in place of a blazer – and Calvin Klein Collection's tailored trousers, the result is smart, but certainly not in traditional terms. Dressing up no longer means the uniformity of a suit.

COAT £1900 PRADA

SHIRT £375 RICK OWENS
AT HARRODS

TROUSERS £485 CALVIN
KLEIN COLLECTION

TRAINERS £550
YOHJI YAMAMOTO

RUCKSACK FROM £1850
GIVENCHY BY
RICCARDO TISCI



DESIGNS ON THE FUTURE

Menswear's front runners have applied the traditions and knowhow of suit cutting, fabrication and fit to the world of streetwear. The result is a relaxed but luxurious way of dressing. Let's call it 'reluxation'...

Photography TOM VAN SCHELVEN Styling ERIC DOWN Words MATT HAMBLBY

02

Seamless Construction

Kilgour's clothing is as much an exercise in architecture as it is fabric cutting. Their ready-to-wear collection is full of clever details – recessed pockets, asymmetrical lines that alter the way jackets sit – and ideas that might seem zany (a suit made from jersey that you could go jogging in springs to mind), but are so well executed that it all makes perfect sense. In Kilgour's future there will be minimal lapels, no obvious seams and a sleek, flattering fit, the key to which isn't visible to the naked eye. The future's bright.



COAT £5300, WAISTCOAT
£280 AND TROUSERS
£395 ALL KILGOUR





03

Style Redux

Giorgio Armani knows plenty about shaping the way men dress, having already reinvented the suit once – in the mid-'80s his loose, pleated trousers and wide-shouldered jackets defined a generation of power dressers. He continues to innovate, in this case using Emporio Armani as a platform to pay homage to his past while moving things onward. The Nehru collar of this shirt and the trouser pleats unashamedly look back, but the slim cut of the shirt and the trouser's tapered ankles ensure it leans confidently forward.

BOMBER £2800 KILGOUR
 SHIRT £250 EMPORIO
 ARMANI AT HARRODS
 TROUSERS £350
 EMPORIO ARMANI
 SHOES £245 Z ZEGNA

04

Subvert Tradition

Z Zegna, the plucky offshoot of Ermenegildo Zegna, takes the Italian tailoring giant's heritage very seriously. Where the main line innovates by making its own high-quality fabrics at the Zegna mill, Z Zegna breaks new ground in other ways, creating practical fabrics like waterproof Techmerino wool, and even installing remote-controlled heaters into outerwear. On display here is a mix of these two ideas: tradition and technology. The taped-seam, water-resistant bomber from Korean brand Wooyoungmi, worn over the suit, makes it all less stuffy. It's formal dressing, but not as we know it.

BOMBER £775
WOORYOUNGMI AT HARRODS
-
BLAZER £795 AND
TROUSERS £215
BOTH Z ZEGNA
-
HOODIE £180
3.1 PHILLIP LIM
-
TANK TOP £460 CALVIN
KLEIN COLLECTION
-
TRAINERS £475 LANVIN



TROUSERS £310 PUBLIC SCHOOL
AT HARRODS
-
SHOES £365 3.1 PHILLIP LIM



05

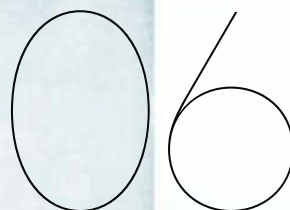
COAT £1040 PORTS 1961
-
WAISTCOAT £385
WOORYOUNGMI AT HARRODS
-
TANK TOP £215 RICK
OWENS AT HARRODS

Choose Material Differences

As the backlash towards the jegging proved, you mess with menswear shapes at your peril. That leaves material as the obvious place to make changes, demonstrated by this transparent mac from Ports 1961. For an overcoat normally associated with tightly woven gabardine, a Savile Row favourite, the lightweight rubber makes this feel much more casual. Over a zip-up top – significant as zip-collars have been ubiquitous this season, replacing buttons at brands such as Gucci and Burberry – you get a grown-up way of wearing sportswear.



LEATHER JACKET £2025
LOEWE AT HARRODS
-
ZIP-UP SWEATER £350
COTTWEILER
-
SWEATPANTS £280
WOORYOUNGMI AT HARRODS
-
TRAINERS £545
CHRISTIAN LOUBOUTIN



Change The Track

Cottweiler's top is different from your regular sweat. The British brand, set up by Ben Cottrell and Matthew Dainty, upgrades sportswear by using high-quality fabrics and minimal branding, as seen on this zip-through. The result is a label-free piece of luxury kit that should be worn in the same way that you might currently wear a cashmere jumper, rather than, say, a hoody. Under a leather jacket with hybrid trousers (a mix of track and tailoring), it's a way of simultaneously subverting a smart-casual dress code and banishing the 'blazer, shirt and jeans' combo forever.



07

Layer Up Here

Away from the light, this bomber by Scottish designer Christopher Kane is slate grey. Get it under a street lamp and the material, the same as used on reflective sports and safety wear, lights up like a Christmas tree. Kane was interested in this 'unreal quality' when looking for ways to reinvent a familiar item. Wearing it over a full-length coat only works if the bottom layer is light enough, so don't try it with a heavy parka. The effect will be to elongate your torso – only really useful if you're tall enough (we're talking average and above height). Shorter folk can get the same effect with an untucked shirt. 🍷

COAT £420 Z ZEGNA
 -
 BOMBER £375
 CHRISTOPHER KANE
 AT HARRODS
 -
 SWEATPANTS £180
 MCQ ALEXANDER MCQUEEN
 -
 TRAINERS £550
 YOHJI YAMAMOTO





574



574

Fresh Foam

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PERFECT BALANCE OF LIFE AND STYLE.**

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**ALWAYS
IN BETA.**



A REMOVABLE
WATERPROOF
INNER KEEPS
YOUR KIT SAFE

IT'S ALL IN THE HOLD

Yachting knowhow meets continental design in this champion carrier

Finding a bag with aesthetics that match its functionality is not as easy as it seems. After all, the key tenets of comfort, waterproofing and space sound like a pitch for the world's most boring trousers – but where bags are concerned, it's the money. Made from canvas coated in polyamide, Lacoste's Seal backpack isn't actually watertight, so don't throw it in the sea. But take it out in the rain?

No problem. There's even a removable, waterproof drawstring bag inside.


As for space, that's usually a matter of compromise. Carrying a largely empty, 60-litre mountain pack 'just in case' is a bit, well, creepy. Lacoste has that in the bag too, with a design inspired by those used on yachts – the roll top opens up to provide extra storage, should you need it. £130 lacoste.co.uk

IMMEDIATE LAND

What goes into your clothes – quite literally – has become of vital importance to designers. Style is enabling technology and manmade fabrics like never before, with function prioritised as much as fashion. In the modern world you are what you wear

Photography LUKE KIRWAN – Styling ERIC DOWN – Words JAMIE MILLAR

RIIAL SCAPE



STONE ISLAND'S
GARMENT DYED PIXEL
REFLECTIVE JACKET
USES MICROBEADS TO
CREATE UNPARALLELED
DEPTH OF COLOUR

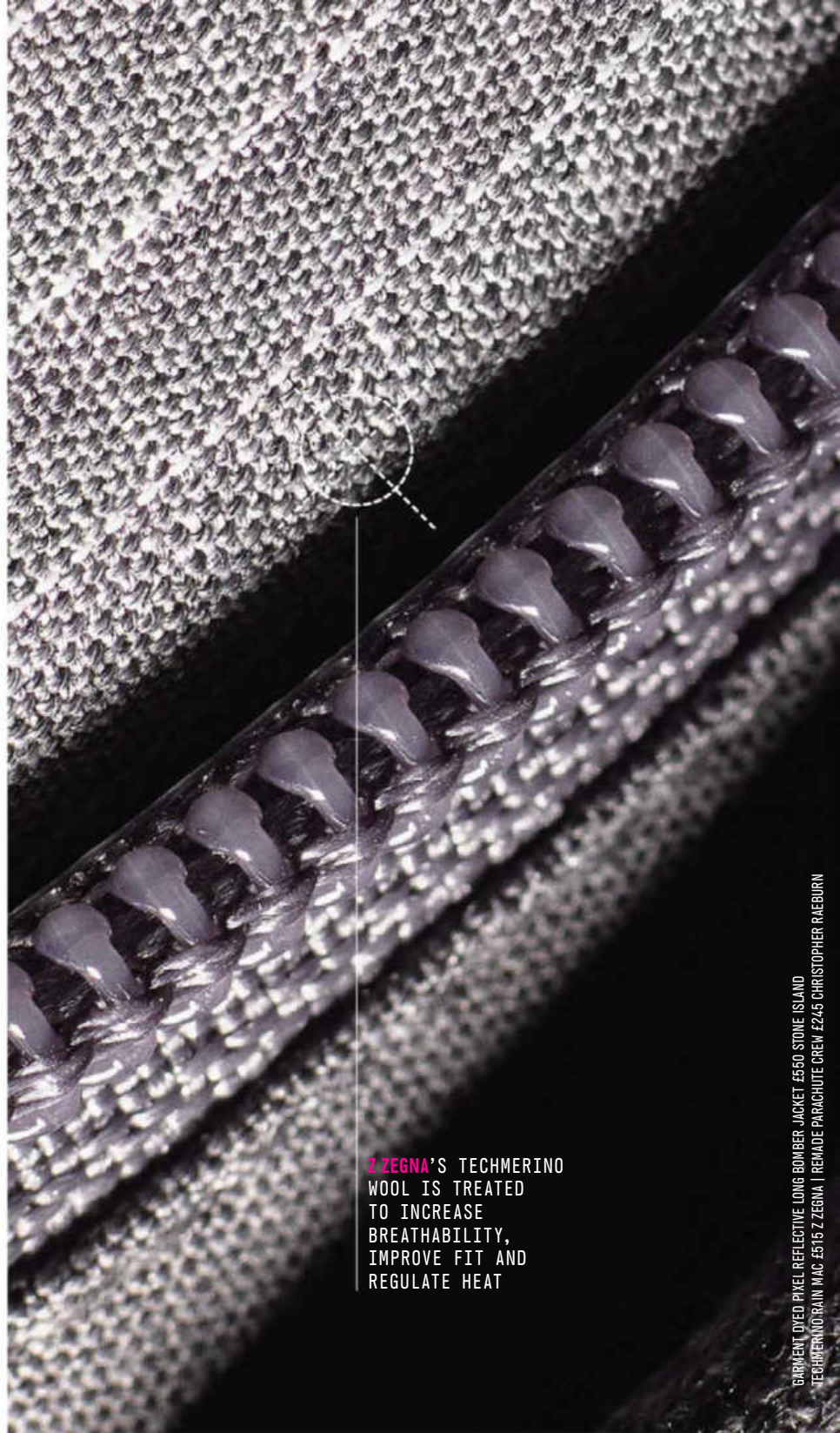


Developments in menswear have traditionally been driven by design. A change in the prevailing cut of trousers or the introduction of a longer silhouette (see the recent elongated torso courtesy of oversized T-shirts from Givenchy and Balmain) has often been enough to change the way men dress everywhere. At the same time, however, another force has been at work: fabric technology. Where once developments in yarn and cloth were quietly integrated into new collections, now they are taking centre stage. It's no longer enough that something looks or feels good, it must have proved itself in the real world. So the parka in your cupboard may well have been tested on Everest, and the top you run or cycle in has probably taken a man round a track in record time.

Why? After all, a material that has been into battle, up a mountain or to the moon is almost certainly not going to be worn to its full potential by the man on the street. But it will make great conversation, give designers a new sense of focus and, crucially, offer a comfort blanket; a sense of wellbeing. This coat can go anywhere.

CHUTE FROM THE HIP

In the frequently fickle, shallow world of fashion we crave this kind of story because it demonstrates an integrity – a well-tested thoughtfulness. But without the time-earned pedigree of a military warrant or exploratory sponsorship, smaller and newer designers like **Christopher Raeburn**



Z ZEGNA'S TECHMERINO
WOOL IS TREATED
TO INCREASE
BREATHABILITY,
IMPROVE FIT AND
REGULATE HEAT

CARMENT DYED PIXEL REFLECTIVE LONG BOMBER JACKET £550 STONE ISLAND
TECHMERINO RAIN MAC £515 Z ZEGNA | REMADE PARACHUTE CREW £245 CHRISTOPHER RAEburn

STITCHES IN TIME

The rich tapestry
of fabric innovation
through history



1839 MAC'S DADDIES

Collaborating before it was cool, Charles Macintosh combines his rubber fabric with Thomas Hancock's 'vulcanisation' process, to create a wearable waterproof material.



1879 IN THE TRENCHES

Thomas Burberry treats breathable cotton with chemicals and weaves it so tightly that it repels the elements – enough to make tents for Roald Amundsen's 1911 South Pole foray.

have to be resourceful in finding ways to introduce this marriage of function and form without it becoming a gimmick. Such as buying antique Royal Navy life

TECH'S APPEAL

New fabric science put into action



TECH FLEECE WINDRUNNER
£85 NIKE AT HARRODS



ZIP FRONT JACKET £519
Z ZEGNA AT HARRODS



MEMBRANA WATERPROOF £395
STONE ISLAND AT HARRODS

rafts on eBay and converting them into waterproof outerwear and accessories, as Raeburn memorably did for his AW15 collection.

“For SS16, we’ve deconstructed and reused a host of original materials including jet airbrake parachutes, British military-issue bivouacs and Swiss denim workwear,” says Raeburn. “Functionality is often a key factor of military clothing especially; by reusing, you reappropriate that functionality. Through this creative alchemy, we’re able to produce garments that we couldn’t if we were starting from scratch.” This recycling process has clear sustainability benefits to boot.

MORAL FIBRE

More established brands are looking to the future. Occupying pole position in the fabric technology space race is **The North Face**, whose street cred derives in no small part from its legit climbing credentials. Made in conjunction with Japanese company Spiber, its Moon Parka is constructed from synthetic spider silk, which does whatever a manmade fibre can and then some: it’s stronger than Kevlar by weight, yet more elastic than cotton. How it is even produced is scarcely less miraculous:

spiders can’t produce silk in the required quantities quickly enough (and are prone to eating each other, which is an HR headache). Instead, genetically engineered bacteria – including E coli

– are fed sugar and are then spun into faux-silk via a specially designed nozzle with microscopic holes.

It’s an environmentally friendly, entirely biological process that, unlike creating more commonplace, petrochemical-based polymers such as nylon and polyester, requires no fossil fuels. As such, it’s no exaggeration to say that this has genuinely game-changing ramifications, not just for clothes manufacturing, but also other industries. (Spiber is apparently using another of its 650 ‘protein polymers’ to make shock-absorbing car parts.) But for now just one example of the Moon Parka exists, and has been touring The North Face’s Japanese stores like an outerwear rock star. Thankfully, the label expects to manufacture more, and to make those available to buy, later this year.

WEAVE OF YOUR SENSES

Even brands not traditionally associated with technology are getting in on the action. Italian luxury fabric producer-cum-clothing brand **Loro Piana**, for instance, has developed a ‘Storm System’ wool, treated on the surface and then lined with an absorbent membrane that allows sweat to escape while water slides off. Then there’s **Z Zegna**, whose ‘Techmerino’ is being rolled out across all its wares from tailoring to sportswear and even trainers. And just to really make the point, Italian tailoring house Kiton – founded in 1968 and famous for doing almost everything by hand – is now dipping its toe in. For AW16, the Naples tailor has introduced Kiton CULTO, a nine-piece-collection lined with manmade fabric mix that creates an extremely thermally efficient, but nevertheless beautiful, coat. That two of the biggest and best fabric producers on the planet and one of the most analogue tailors are going high-tech is evidently significant.



1908

SOLE TRADERS

The Converse Rubber Shoe company is founded amid demand for plimsolls or ‘sneakers’. It serves the tennis shoe market from 1915 and two years later launches the All Star basketball shoe.



1920

SWEATSHIRT SHOP

Benjamin Russell’s American football-playing son suggests their company’s cotton pullovers – sold as women’s underwear – could replace his team’s wool sweaters.



1926

SNAPPY DRESSER

French tennis ace René Lacoste crops up at the US Open in a short-sleeved top inspired shape-wise by polo players’ wool-knit ones – but made from light cotton piqué.



Material Landscape –

“The introduction of added performance is, in today’s modern world, a must,” say Francesco Muzi and Murray Scallon, co-creative directors of Z Zegna and the Lennon and McCartney of functional fashion. Scallon’s background is in sports and performance, while Muzi brings the tailoring clout. Together they produce sleek-lined, smartly constructed clothes that blend technical fabrics and cashmere, utility and elegance. In their opinion, this does not run counter to the Italian mill’s traditional values: “We have always been stimulated by the development of new fabrics which respect the true menswear culture. In a time when climate is variable and men are constantly busy and active, this approach makes total sense.” Despite its cybernetic name, Techmerino is in fact entirely wool, albeit the finest merino on the planet. The ‘tech’ bit comes in the newfangled finishing process, giving it sweatwicking and thermoregulating properties to rival the best that man can devise, plus spotless environmental credentials, being both sustainable and biodegradable.

FABRIC OF SOCIETY

Following a similar thread is ‘Technical Cashmere’, the brainchild of JJ Wilson, scion of the **Lululemon** dynasty and co-founder of their fashion brand, Kit & Ace. “I was living in my athletic apparel,” Wilson recalls. “I loved the comfort: it was flat-seamed, it stretched, it moved as I moved. So I looked at how I could integrate those properties into more luxurious natural fibres.” Interlacing the

likes of elastane and viscose with the gossamer combings of a Mongolian goat’s chin results in a best-of-both hybrid that doesn’t torque or pill. And although the amount of cashmere is only around 9-11%, its buttery soft handfeel is maintained along with the natural ‘technical’ properties: “Cashmere cools you in the heat and warms you in the cold.”

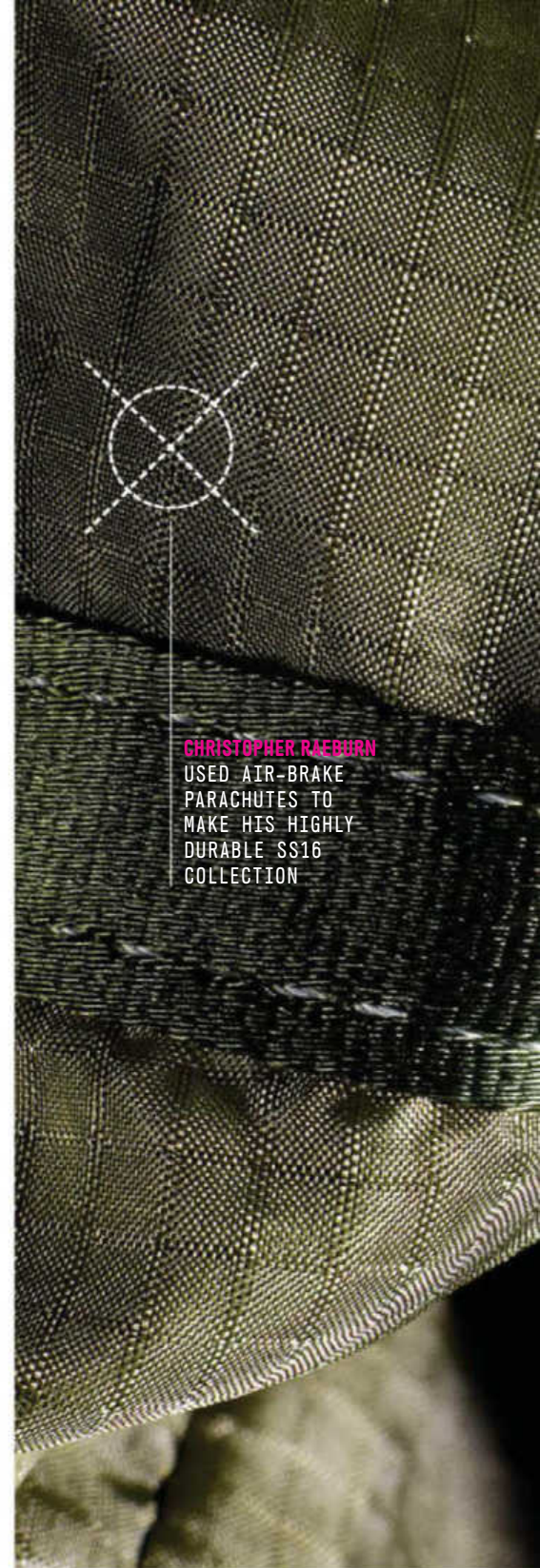
Technical Cashmere is designed not for working out in, but rather for those who, like the young entrepreneur, are living a “full-contact life”, in perpetual motion – in other words, with no time to detour via the dry cleaner. In his view, the sharpening focus on functionality is simply fashion falling in step with the quick-march of progress. “Tech is everywhere: your phone, your kitchen, your car,” says Wilson. “It would be unnatural for people not to want their clothes to evolve

with the rest of their lives. People are moving toward performance. How efficient can I make my life?”

DYNAMIC SYNERGY

Wilson isn’t the only one adopting this practical mindset. According to recent reports by Zeitgeist-capturing think tanks such as FutureCast and the Center for Generational Kinetics, Generation Z place greater emphasis on functionality than their brand name-obsessed predecessors. Instead of being swayed solely by what clothes say, millennials are increasingly concerned with what they do. For a paradigm of this shift, look no further than the collaboration between **Nike** and **Stone Island**. The latter is renowned as a pioneer in fabric engineering and has remained at the

Tech is
everywhere:
your phone, your
kitchen, your
car. People want
their clothes to
evolve, too



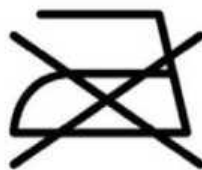
CHRISTOPHER RAEURN
USED AIR-BRAKE
PARACHUTES TO
MAKE HIS HIGHLY
DURABLE SS16
COLLECTION



1935

PLASTIC FANTASTIC

Nylon is first synthesised in a DuPont Chemicals laboratory. The wonder stuff is initially used for toothbrushes, followed shortly by women’s stockings and then pretty much everything else.



1951

PRETTY POLY

Wrinkle-free polyester – invented by Brits in 1941 but based on work by nylon pioneer WH Carothers and bought by DuPont – is introduced to American housewives bored of ironing.



1958

SQUEEZED MIDDLE

DuPont chemist Joseph Shivers spent a decade exploring alternatives to rubber. He hits on spandex (marketed as Lycra): the shapewear of things to come.



PARACHUTE NYLON IS
WOVEN IN SQUARES,
NOT STRAIGHT LINES.
IF THE FABRIC TEARS,
A SQUARE PATTERN
STOPS IT SPREADING

sharp end for over three decades; in this technological age, the brand's more on point than ever, as evinced by the fact that it has also teamed up with streetwear tastemaker Supreme – not once but twice.

Indeed, according to Stone Island's CEO, Carlo Rivetti, the label's philosophy is more industrial design than fashion. It began with a reversible truck tarpaulin that was stonewashed until it was malleable enough to make coats that were unlike anything else on the market, and has continued via colour-changing, heat-reactive fabrics through to this season's luminescent knitwear. In addition, it has also employed new garment dying processes, printing its nylon with a resin-based substance that holds thousands of glass microspheres. Once overdyed, the procedure gives the resulting jacket an incredible depth of colour not usually associated with reflective clothing. Not content with iterating its own garments, in 2015 Stone Island also reinterpreted the mighty swoosh's Windrunner jacket in mussola gommata or 'rubberised muslin': light cotton bonded to a polyurethane film that keeps out the rain while still allowing your sweat to wick away. Through some clever garment dying, the jacket looks monochrome, but has a distinctive metallic sheen that echoes the classic colour-blocked Windrunner. Not exactly functional as such, but still pretty fly.

A new survey by American investment bank Piper Jaffray recently concluded that Nike is by far the most popular apparel brand among young people, full stop, never mind just in the realm of sportswear. Crucially, it's also the most Instagrammed (according to fashion industry bible WWD as well as US department store behemoth Macy's): more than, say, Supreme or Saint Laurent.

If there's a better indicator of the fact that fabric innovation is now officially super cool, we'd like to see it. ①



1980

COUNTRYPHILES

Hitherto an outfitter chiefly to fishermen and dock workers, Barbour launches the short, light, rural-ready Bedale in its waterproof waxed cotton, precipitating a shower of royal warrants.



2012

STICKY FEET

Nike introduces its better ventilated and more environmentally friendly woven Flyknit trainer. Adidas avoids court over its Primeknit by arguing that the technique dates back to the '40s.



2015

GOLDEN FLEECE

The original technical fabric shearling – quick-drying, thermoregulating, durable – comes back into fashion 200,000 years after being worn by proto-hipster neanderthals.

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KICKS ARE
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INVESTMENT



WORDS: MATT HAMBLY | PHOTOGRAPHY: LUKE KIRWAN | STYLING: ERIC DOWN | PROP STYLING: LOU BLACKSHAW

MILITARY TRAINING

Superga and Sandro join forces to update the iconic tennis shoe

If 2015 was the year people realised that, where shoes are concerned, less is more, then 2016 is the year that Superga reminds everyone that's been its ethos since 1911. The classic 2750 model, with its vulcanised rubber sole – the first tennis shoe to feature such a detail – became known as ‘the people’s shoe of Italy’ thanks to its ease of wear and subsequent ubiquity. This year Superga

has teamed up with Sandro – the French brand responsible for some of the most covetable menswear of the last few years – to subtly alter the 2750, reinforcing the canvas upper with a rubber toecap. The result is a sturdier sneaker, reminiscent of an old Italian military shoe, which will better suit the tailored trousers we suggest you hold court in. £79 harrods.com

START ME UP

The entrepreneurs of new tech have
communicate, think and – crucially
escape the daily grind, you'll find
re invented the way we
– work. If you want to
there's an app for that

Photography CLEMENS ASCHER Styling ERIC DOWN

Words EDWIN SMITH



01

ZIP IT

Hack the code of the kings of casualwear with our guide to Normcore 2.0. The goal is to look stylishly anonymous, but you don't want to be mistaken for the caretaker. Wear a blazer over your zip-up. Blending sportswear with tailoring is a subtle subversion: a normcore win.

BLAZER £550
HARDY AMIES

JACKET £255 PORSCHE
DESIGN SPORT BY
ADIDAS AT HARRODS

T-SHIRT £155
BALENCIAGA AT HARRODS

TROUSERS £180 AMI

CHAIR £375 CHARLES
EAMES AT SCP

FOUNTAIN PEN £450
CARAN D'ACHE

IPHONE COVER £75 TUMI

HEADPHONES £150 SONY

DOCUMENT HOLDER
£140 HACKETT

RUG £30 IKEA

At Dropbox, it's 'Whisky Fridays'. Staff at Yammer get 'take it as you need it' holiday, plus unlimited beer. At Pinterest, employees are treated to regular trips to the Apple Store to pick out the latest kit and pay for it with the company card. Meanwhile, at Google, there are free meals and a concierge service that runs errands so employees need only focus on their jobs. Over at Facebook, new fathers are given four months of paid parental leave.

Whether it's in Silicon Valley or one of the UK's burgeoning industry hubs, working for a modern tech company tends to come with decent perks. But that's not the only reason many of us have started to daydream about leaving behind our traditional office jobs to hack our way into a shiny new career.

There's also the prospect of being involved in groundbreaking projects with the potential to disrupt the status quo. And, yes, there's the money. Stock market flotations and investment funds continue to turn tech entrepreneurs into billionaires overnight, while the growth of the sector means that even if you're not the next Mark Zuckerberg, Kevin Systrom (Instagram) or Sean Rad (Tinder), there's still no shortage of opportunity for people who are willing to work for them. Even relatively junior employees are often able to negotiate equity in addition to their base salary – pick the right company at the right time, and this can be very lucrative.

At any one time, there are an estimated 45,000 digital job vacancies advertised in the UK, 62% of which are outside of the capital. There are already 1.46 million people employed by digital companies across the country, according to Tech City, the organisation that represents London's tech industry. And this total is forecast to grow by 5.4% by 2020. But the best news of all? You don't have to be a super-geek to land a job.

"There are plenty of roles at tech companies that don't involve coding or any particular technical expertise," says Susan Zheng, co-founder of tech recruitment platform Planted. In fact, Zheng says research carried out in New York shows that 59% of tech-sector jobs

02

TRAIN HARD

Normcore high sparrow Steve Jobs was a New Balance and Nike man – both great options – but with suit trousers we'd suggest a tennis shoe: relatively plain, functional and of course, comfortable. White is the obvious choice, but red will take more punishment.

COAT £400
AMI AT HARRODS

T-SHIRT £60 SUNSPEL

TROUSERS £330
EMPORIO ARMANI

SHOES £325
BALENCIAGA

BAG £1520
LOUIS VUITTON

E SERIES CHAIR
£32 ROBIN DAY
FOR HILLE AT SCP

MODERNICA DOWEL
CHAIR £375 CHARLES
EAMES AT SCP

VITRA DSW CHAIR £339
CHARLES & RAY EAMES
AT HARRODS

are in non-technical roles. She suspects the figure is similar here in the UK.

Tech company careers pages are populated by jobs in standard fields, such as sales, business development, marketing, recruitment and operations. But there are also some posts that you might not have imagined. Food delivery company Deliveroo is looking for student brand managers to beef up its reputation on uni campuses; Airbnb is after 'host ambassadors' to encourage more homeowners to sign up to the site; many tech companies have 'community managers' whose main responsibility is to engage with customers (and potential customers) on social media, while Microsoft has a 'chief storyteller', whose job it is to spread the word about the company's latest projects and products.

According to Kofi Barnes, Deliveroo's head of customer experience, it pays to

remember that "most tech companies also need people who understand how things work in the real, physical world".

A former RAF Flight Lieutenant, 32-year-old Barnes got his first job in tech with upmarket Airbnb-alike Onefinestay shortly after leaving the military. "I had been at big companies [before joining the RAF] and hated that feeling of, 'If I don't come into work tomorrow, does it really matter?' I wanted something where it did matter – where it was all on you."

His first role was in operations: coordinating teams of cleaners, making sure guests got their keys and were met by the right people in the right place at the right time. Then, in March last year he moved to Deliveroo.

"I knew it was a really cool company. But I wasn't really sure what job I wanted.



- Start Me Up

SHIRT £108 ALLSAINTS
AT HARRODS

ROLLNECK £139
JOHN SMEDLEY

JEANS £155
SANDRO AT HARRODS

SHOES £90 TIMBERLAND

SOCKS £8 GLENMUIR

BAG £475 PAUL SMITH

SOFA £3235 TERENCE
WOODGATE FOR SCP

RUG £30 IKEA

03

ON A ROLE

Interestingly, the rollneck jumper can only really be considered 'normcore' when worn with bad jeans. Nevertheless, upgrade your software and go for the brightest option available for an equally modest yet more spring-friendly version of the style.

Start Me Up -

COAT £395 HARDY AMIES

HOODIE £145 SUNSPEL

POLO SHIRT £50

ALLSAINTS AT HARRODS

TROUSERS (PART OF
A SUIT) £300 TIGER OF
SWEDEN AT HARRODS

SHOES £325 BALENCIAGA

WATCH £140 G-SHOCK
AT HARRODS

CHAIR £339 CHARLES &
RAY EAMES AT HARRODS

DESK £95 IKEA

FOUNTAIN PEN £450
CARAN D'ACHE

DOCUMENT HOLDER
£140 HACKETT

04

IN THE HOOD

Curb Your Enthusiasm's Larry David is another normcore hero, regularly wearing suit jackets over two sweaters. Don't do that; the double jumpers will create bulk that you don't need. If you want to layer, a knitted polo shirt worn with a hooded jacket will do the job and is a casual way of looking smart – more appropriate with trainers.





I met them, had three or four interviews and, in the end, they took a punt on me.

"Military people tend to be good with startups because they understand pressure and can cope when things move fast. When stuff goes wrong in my job now, there's a part of me that thinks, 'Yeah, but I'm not dismantling a bomb like I used to.' You have that perspective. As much as I want every food delivery to be perfect, when one isn't, I know we can fix it – the world will keep on turning."

Sophie Adelman of recruitment firm Hired says that most job hunters moving into tech should begin by doing a bit of "navel-gazing" to work out the role and company that would suit them best.

Then, even though you're searching for a job at a forward-looking, cutting-edge startup, it pays to realise that the old-fashioned ways are still sometimes the most effective. "A great route to getting hired is to be referred by someone you know," says Adelman. But even if you don't have any mates who work in the sector, there are ways round the problem. Adelman recommends using the principle of 'six degrees of separation' to see if anyone in your network can introduce you to a helpful contact. If that fails, there are still ways in which you can proactively expand your reach.

Job sites such as escapethecity.org and email newsletters such as Startup Digest are useful for identifying new opportunities, but Adelman also advises people to "immerse themselves" in the tech community. "There are free meet-ups every night in London and all around the UK. General Assembly runs a bunch of very cheap or free events to educate people about how to make that move, and these provide good networking opportunities.

"A lot of early-stage companies just want to find people who they connect with. Remember, when teams are small you'll be working closely with these people on a daily basis. They want someone who will do the job and who they get on with. Go up and introduce yourself at the end of a talk and say: 'I'm really excited about what you're doing and I'd love to have a conversation about it.' But you also need to be willing to get your hands dirty – that means thoroughly researching the specific business and its competitors, working out what it could or should be planning to do next, and then communicating all of that when the time is right."

When it comes to revamping your CV, Adelman says that moving from one industry to another doesn't mean you should "discount your existing experience". Instead, she advises zeroing in on relevant instances from previous jobs or any extracurricular activities to "craft your story" and illustrate how you already possess the problem-solving skills, initiative or entrepreneurialism to make an impact in the type of role you're after.

"Another important thing is to really understand what the company is trying to do – the mission of the business," says Adelman. She advises making your application stand out by ignoring the generic cover letter and instead penning a different kind of document. "Say: 'Here are three reasons why I understand and am excited about the kind of problems you're trying to solve. And these are three reasons why I think I can help solve them for you.' Clearly articulate what you can bring to the table."

Another thing to bear in mind is timing. As a general rule, smaller startups will be looking for someone who is able to start a new job quickly, while larger businesses can have application processes that run for months.

That was what Tom Elvidge found when he decided to apply for a job with the £35 billion taxi-hailing phenomenon Uber after a career in consultancy. "I had always been really interested in the tech industry," says Elvidge, 34. "Without wanting to sound too glib, I was drawn to companies that were doing this genuinely world-changing stuff. It sounded exciting, like something I wanted to be a part of, something that would give me a chance to align my personal and professional interests a bit more."

Elvidge, who now heads up the San Francisco company's operations in London, says the recruitment process was the hardest he's ever experienced. It included two 90-minute exams for data-handling and creativity, several interviews spaced out over five weeks and the requirement to deliver a full-blown presentation of how Uber

would launch in a brand new market.

The best way to prepare for this sort of process, according to Matt Sealy, a recruitment manager at Uber, is to combine in-depth research and knowledge about a company with


creative ideas and, vitally, the ability to give concrete, practical examples of how they could be implemented. Uber tests this by getting its candidates to map out how the company would start from scratch. But if a particular business doesn't explicitly ask you to do this, then get ahead of your competition by taking it upon yourself to illustrate that you've already thought about the process of expanding into new markets or locations?

"The big thing for us is entrepreneurialism," says Sealy. "It's a cliché, perhaps, and I think if you go to any tech startup they will say that they're looking for the same thing. But for us it's about taking ownership. Everything is your responsibility. That's where we differ from more traditional employers, where you might be setting strategy, but not actually executing it at a grass-roots level. We want people who aren't obsessed with seniority, job titles or managing huge teams."

"When you join, the pace is the first thing you notice," says Elvidge. "Things move really

quickly and there are a lot of smart people working really hard. It's full-on."

But, according to Deliveroo's Kofi Barnes, the demands of the industry are worth it. "I love my job," he says. "Instead of working with people who are just turning up to take home a paycheck at the end of the month, your co-workers believe in the company and the product. They just enjoy it. Everyone really wants it to succeed, so the atmosphere is fantastic."

And, as Barnes points out, if you still need to be convinced that it's possible to get hired by a cool company and begin a fulfilling new career – all without any special tech credentials – then he's living proof that it can be done. He doesn't even do internet banking. 

INSTANT iOS GRATIFICATION

Go from zero to Zuckerberg with these employment quick fixes



BE AN INSIDE MAN

Larger tech companies get a huge number of applicants; startups don't have the resources to meet with everyone. Boost your chances by getting involved in the community and showing up at industry events.



EARN EXTRA CREDIT

Most people who run tech companies want to change how the world works. Show them that you're excited about their mission and that – even without industry experience – you're able to make an impact.



WIN THE BATTLE...

Not the war. Don't sweat it if you don't ace the interview. Tech groups often have more than one person in charge of hiring. You don't need to convince all of them, just make sure one of them will go to bat for you.

YOUR PERFECT RUN

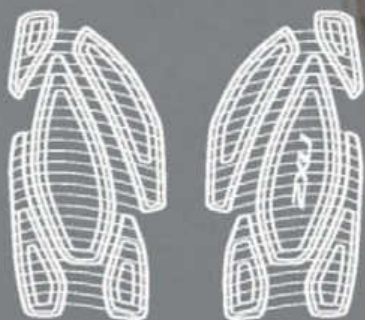


RESEARCH AND
DEVELOPMENT PARTNER

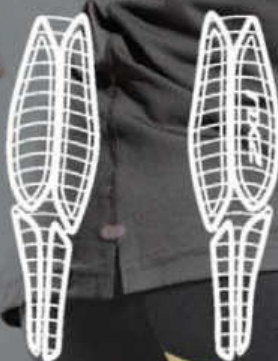


RUNNING

QUADRICEP
MUSCLE MAPPING
TECHNOLOGY



CALF
MUSCLE MAPPING
TECHNOLOGY



MUSCLE CONTAINMENT STAMPING

MCS (Muscle containment stamping) is a revolutionary fabric technology designed to support key muscle groups against impact and strain.

The MCS fabric support system wraps key muscles, tendons and fascia groups reducing muscle oscillation and damage and has been integrated into 2XU's powerful and supportive compression technology for your perfect run.

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HUMAN PERFORMANCE. MULTIPLIED.

2XU.COM

WHERE NFL
BRAWN MEETS
TECH MATERIAL
BRAINS

WORDS: MATT HAMBLBY | PHOTOGRAPHY: LUKE KIRWAN | STYLING: ERIC DOWN | PROP STYLING: LOU BLACKSHAW

BREAK OUT A SWEAT

If you buy one sweatshirt
this spring, sport this
one from Tommy Hilfiger

Athleisure works best when designers amplify the benefits of sportswear without compromising design. Take this sweatshirt: made from neoprene bonded to loopback jersey, it's a marriage of technology and tradition – loopback cotton was used in the first jerseys worn by American footballers, while neoprene was invented by the DuPont corporation in 1930. In practical terms, this blend

makes the sweatshirt breathable, warm and durable (neoprene is less likely to warp than traditional fabrics). Sartorially, the mix of materials and hues prevents it from being just another anonymous grey sweatshirt, and the ever-so-slightly polished finish makes it smarter. It'll go with raw blue jeans or even a navy suit and trainers, no sweat. £80 uk.tommy.com

ENERGETIC SPRITZ

EAU DE LACOSTE L.12.12 Rouge's energy gives every day the extra edge you need. This woody, spicy scent provides the blast of dynamism that each red-blooded male needs to make every daring moment count. Notes of ginger, black pepper and cardamom will spark a fire for adventure in your belly. Forget playing it safe.

MH PROMOTION





SHOW OFF YOUR TRUE COLOURS

MEET YOUR SCENT ESSENTIALS. GIVE YOUR OUTFITS A SPLASH OF COLOUR WITH EAU DE LACOSTE'S L.12.12 RANGE OF MEN'S FRAGRANCES. THEY'RE THE MODERN GROOMING PICKS EVERY MH MAN NEEDS – STAY AHEAD OF THE FASHION GAME AND SMELL YOUR BEST WITH THIS ICONIC LINE OF VIBRANT FRAGRANCES.



THE PASSION MOVES YOU

EAU DE LACOSTE L.12.12 Energized is the latest fragrance to embrace your passion for the game. This special-edition fragrance is woody, floral and fresh – just in time for another summer of world sport. This new scent has a pulsing energy and fiery intensity that combines LACOSTE's sporting heritage with your love for the game. Perfect whether you're in the stands or watching on the big screen. Available nationwide from 1 April.

GO ALL NIGHT LONG

EAU DE LACOSTE L.12.12 Noir is the perfect fragrance to take you from desk to dinner. Like the classic black polo shirt you would change into after work, this scent is a timeless classic, inspired by warm summer evenings and incorporating the sensual notes of dark chocolate and basil. But don't be fooled, there's also an intense masculinity to this fragrance that can carry you through to the small hours. If that's your style, of course.



MR BRIGHTSIDE

EAU DE LACOSTE L.12.12 Jaune will inspire you to seize each day with confidence. No matter what time of year, your morning routine needs uplifting. Fresh and inspired by morning sunshine, this fragrance is filled with aromatic fruity notes that will fill you with optimism – even on Mondays.

MH PROMOTION





PURE AND SIMPLE

EAU DE LACOSTE L.12.12 Blanc proves you don't need to be flash to stay stylish. The crisp, clean nature of this scent means that, much like the first-ever polo shirt it was inspired by, the fragrance can work in every situation. Its woody, leather notes work perfectly with a few simple sprays every morning. But we wouldn't blame you for topping up at lunch.





INTO THE BLUE

EAU DE LACOSTE L.12.12 Bleu is a powerful fragrance equally at home in your gym bag as it is in your vacation suitcase. Looking for the perfect training partner? This scent is pumped up with a muscular, aquatic fougère built on aromas of sturdy oak moss. Spray on post-gym and enjoy the fresh notes of wet fern. This scent has the power to cover all bases. Discover the full collection online at thefragranceshop.co.uk (from £35)

LACOSTE 





WITH REMOVABLE
POCKETS, YOUR
STYLE COMBOS
ARE ENDLESS

POCKET WATCH

In Calvin Klein's world,
the future is less minimal
and more functional

While the writers of *Back to the Future Part II* can congratulate themselves on correctly forecasting the invention of Skype and Google Glass, they shot wide with their fashion predictions. That's because real future style is both cyclical and self-referential, something instinctive to Calvin Klein creative director Italo Zucchelli. This jacket from the brand's SS16 collection is a case in point: four

detachable zip pockets and a structured lining have been added to the classic blouson shape (spread collar; straight sleeves; a slim, flattering line). Useful for carrying your wares, it's also a move away from recent seasons' minimal style without being outlandish, which means it works with things you currently own: white T, blue jeans. Futureproof already. £1328 calvinklein.com



#BeAnOriginal | originalpenguin.co.uk



THE EDIT

Don't wait until you're in store to make a decision on the summer's key purchases. The MH style team has short-listed this season's best accessories, from shoes to shades. All you have to do is pick and mix



□ £279 B&O PLAY



□ £85 KRAEFUNK AT HARRODS



□ £150 BOSE AT HARRODS



□ £349 DENON



□ £120 JBL



□ £150 AKG



□ £259 MASTER & DYNAMIC



□ £330 BOWERS & WILKINS



□ £100 URBANEARS



□ £170 BEATS BY DRE



□ £280 PARROT



□ £275 Y-3



□ £85 TOPMAN



□ £30 RIVER ISLAND



□ FROM £400 GIVENCHY BY RICCARDO TISCI

↓
SNEAKING AROUND
Trainers have gone quiet this season, with minimal detail. Most of these are as suited to tailored trousers as jeans



□ £645 MAISON MARTIN MARGIELA AT HARRODS



□ £115 URI MINKOFF



□ £520 GIUSEPPE ZANOTTI DESIGN



□ £175 BLOOD BROTHER

2000

STEPS IT TAKES TO WALK A MILE IN THOSE NEW SHOES. OR HALF THAT IF YOU DECIDE TO RUN. WHICH WE DO NOT ADVISE



□ £530 BUSCEMI



□ £555 DSQUARED2

PRO SELECTOR



£270 PORSCHE DESIGN SPORT BY ADIDAS



£498 PIQUADRO

100

THE NUMBER OF POUNDS IN
WEIGHT A SOLDIER IN THE
BRITISH ARMY COULD BE
EXPECTED TO CARRY



£1590 BERLUTI



£325 STONE ISLAND



£290 CÔTE & CIEL



£345 TUMI



£699 CHRISTOPHER KANE AT HARRODS



FROM £1137 GIVENCHY BY
RICCARDO TISCI



£89 COS



£350 BLOOD BROTHER



£380 MCQ ALEXANDER MCQUEEN
AT HARRODS



□ £365 MOSCOT X SIMON MILLER



□ £245 HUGO BOSS

↓
ROUND IN THE SHADE
Sunglasses are going full circle this year. Get in on the round lens act to eclipse others with '60s-era suave

8.5
TIME IN MINUTES IT TAKES
SUNLIGHT TO REACH EARTH.
(OF COURSE, YOU'LL STYLISHLY
DEFLECT IT IN SECONDS)



□ £16 RIVER ISLAND



□ £295 LOEWE AT HARRODS



□ £295 MYKITA



□ £625 THOM BROWNE AT HARRODS



□ £539 DIOR HOMME AT HARRODS



□ £345 CUTLER AND GROSS



□ £445 OAMC

TOUGH THREADS

ONLY THE MOST ADVANCED ATHLETIC GEAR WILL
KEEP PACE WITH THE DEMANDS OF A MOUNTAIN
RACE. THE NORTH FACE'S MOUNTAIN ATHLETIC
RANGE SIZES UP THE CHALLENGE

MH PROMOTION

DEVELOP IN THE DETAIL

Lightweight FlashDry-XD technology improves the Kilowatt S/S Crew tee's breathability for when the mountains really test you. Fed up of tees chafing after the first tough incline? Featherweight flexible construction across the shoulders leaves the tee hanging comfortably loose across the torso.

DEFY THE ELEMENTS

Technical routes and sharp inclines mean you need to be light on your feet. The Kilowatt Short's four-way stretch fabric helps you achieve a full range of motion, while its quick-drying and abrasion-resistant construction shrugs off the worst weather you'll encounter.

BE RELENTLESS

High-octane, technical trails won't let up – neither should you. The Litewave Ampere's Cradle heel-stability system uses dual mesh technology to provide unrivalled support on tough off-road terrain. Its compression-moulded insole flexes with your every move, letting you empty the tank on the trails.

Find out more at
thenorthface.co.uk

STOCKISTS

Now put theory into practice. Source your new material and futureproof your wardrobe

3.1 PHILLIP LIM
31PHILLIPLIM.COM

A AKG HARRODS.COM
ALLSAINTS ALLSAINTS.COM
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HARRODS.COM
AMI AMIPARIS.FR
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APC APC.FR

B B&O PLAY BEOPLAY.COM
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BALENCIAGA AT HARRODS
HARRODS.COM
BEATS BY DRE APPLE.COM/UK
BERLUTI 43 CONDUIT STREET
BLOOD BROTHER
BLOOD-BROTHER.CO.UK
BOSE AT HARRODS HARRODS.COM
BOWER & WILKINS
BOWERS-WILKINS.CO.UK
BREITLING BREITLING.COM
BRUNELLO CUCINELLI
BRUNELLOCUCINELLI.COM/EN
BUSCEMI HARRODS.COM

C CALVIN KLEIN COLLECTION
CALVINKLEIN.COM
CARAN D'ACHE HARRODS.COM
CHRISTIAN LOUBOUTIN
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HARRODS.COM
CHRISTOPHER RAE BURN
CHRISTOPHERRAEBURN.CO.UK
COACH AT HARRODS HARRODS.COM
COS COSSTORES.COM
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HARRODS.COM
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DUNE DUNELONDON.COM

E EDWIN EDWIN-EUROPE.COM
EMPORIO ARMANI ARMANI.COM
EMPORIO ARMANI AT HARRODS
HARRODS.COM

F FARAH FARAH.CO.UK

G G-SHOCK AT HARRODS
HARRODS.COM
GIUSEPPE ZANOTTI DESIGN
GIUSEPPEZANOTTIDESIGN.COM/UK
GIVENCHY BY RICCARDO TISCI
GIVENCHY.COM
GLINTS 16 MADDOX STREET

H HACKETT HACKETT.COM
HARDY AMIES HARDYAMIES.COM
HUGO BOSS HUGOBOSS.COM



41
THE NUMBER OF
PAINSTAKINGLY
SELECTED ITEMS IN
OUR SS16 EDIT

JACKET £488
CRAIG GREEN

TROUSERS £380
3.1 PHILLIP LIM

SHOES £245
Z ZEGNA

I IKEA IKEA.CO.UK

J J LINDBERG SPORT AT HARRODS
HARRODS.COM
JBL UK.JBL.COM
JOHN SMEDLEY JOHNSMEDLEY.COM

K KILGOUR KILGOUR.COM
KREAFUNK AT HARRODS
HARRODS.COM

L LANVIN LANVIN.COM
LOEWE AT HARRODS HARRODS.COM
LOUIS VUITTON
UK.LOUISVUITTON.COM

M MAISON MARTIN MARGIELA
AT HARRODS HARRODS.COM
MASTER & DYNAMIC
MASTERDYNAMIC.CO.UK
MCQ ALEXANDER MCQUEEN
AT HARRODS HARRODS.COM

MCQ ALEXANDER MCQUEEN
MCQ.COM
MIANSAI MIANSAI.COM
MICHAEL KORS AT HARRODS
HARRODS.COM
MODERNICA BY CHARLES EAMES
AT SCP SCP.CO.UK
MONDAINE MONDAINE.COM
MONTBLANC MONTBLANC.COM
MYKITA MYKITA.COM

N NEIL BARRETT AT HARRODS
HARRODS.COM
NIKE AT HARRODS HARRODS.COM
NIKE GOLF AT HARRODS
HARRODS.COM
NOMOS GLASHÜTTE
NOMOS-STORE.COM
NUMBER 288 ENDCLOTHING.COM

O OAMC OAMC.COM
ORIGINAL PENGUIN
ORIGINALPENGUIN.CO.UK

P PANTHERELLA PANTHERELLA.COM
PARROT STORE.PARROT.COM/UK
PAUL & SHARK HARRODS.COM
PAUL SMITH PAULSMITH.CO.UK
PIQUADRO HARRODS.COM
PORSCHE DESIGN SPORT
BY ADIDAS ADIDAS.CO.UK
PORSCHE DESIGN SPORT
BY ADIDAS AT HARRODS
HARRODS.COM
PORTS 1961 PORTS1961.COM
PRADA PRADA.COM
PUBLIC SCHOOL AT HARRODS
HARRODS.COM

R RETROSUPERFUTURE
RETROSUPERFUTURE.COM
RICK OWENS AT HARRODS
HARRODS.COM
RIVER ISLAND RIVERISLAND.COM
ROBIN DAY FOR HILLE AT SCP
SCP.CO.UK
RUSSELL & BROMLEY
RUSSELLANDBROMLEY.CO.UK

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SONY SONY.CO.UK
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STONE ISLAND STONEISLAND.COM
SUNSPEL SUNSPEL.COM

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SCP.CO.UK
THOM BROWNE AT HARRODS
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TIGER OF SWEDEN AT HARRODS
HARRODS.COM
TIMBERLAND
TIMBERLANDONLINE.CO.UK
TOPMAN TOPMAN.COM
TUMI UK.TUMI.COM

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URBANEARS URBANEARS.COM
URI MINKOFF URIMINKOFF.COM

V VICTORINOX VICTORINOX.COM
VITRA BY CHARLES & RAY EAMES
AT HARRODS HARRODS.COM

W WOYYOUNGMI AT HARRODS
HARRODS.COM
WOYYOUNGMI HARRODS.COM

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YOHJI YAMAMOTO 020 7491 4129
YOHJI YAMAMOTO SUNGLASSES
LN-CC.COM

Z Z ZEGNA 020 7495 8260
Z ZEGNA AT HARRODS
HARRODS.COM

01 THIS IS 40

There are two-score component parts in each pair of New Balance shoes, plus 12 materials used in the upper and nine pieces in the sole. In short, it's the most complex bit of kit in your bag.

02 SEW GOOD

A shoe's constituent parts are grouped into 'lots' – generally 12 pairs per lot, all of one size. Before being sewn together, elements such as the 'N' and the 1500 are embroidered onto the upper.

03 MAKING THE CUT

The upper is made from sueded pigskin, which is believed to have a better depth of colour and feel than regular suede. It takes three years before you're trusted to cut this by hand.

04 TIME HEELS

The 1500's heel shape is made by placing a layer of film between the lining and the suede outer that, once heat-set, hardens, and will never break down.

05 INSIDE LINE

The super-soft lining is made from a cropped microfibre that has a very high abrasion resistance. Which means it won't bobble or pill like your sweatshirt. Ever.

06 SOLE MAN

The 1500's sole is a mix of soft EVA and supportive PU. New Balance was the first to combine the two, providing support across your foot, whatever your gait. £120 endclothing.com

NUTS & BOLTS #1

BALANCING ACT

An inside view on what makes classic kicks tick

First released in the early '90s, the New Balance 1500 was revolutionary for its mix of a supportive polyurethane (PU) sole and cushioning ethylene-vinyl acetate (EVA), prompting its Cumbrian makers to label it "the closest thing yet to a perfect running shoe." Of course, it also happens to look pretty cool, and over 20 years later it has transitioned from running shoe to style stalwart. Here's how it breaks down.



The Ultimate Workout Mix



Download the *Men's Health Ultimate Workout* album featuring Calvin Harris, Kygo, Faithless and more to ramp up your training and get your heart pumping



EMPORIO  ARMANI

